

Roasted BC Salmon Roulade with Crab Sauce



This recipe for roasted BC salmon roulade with crab sauce is from episode 12 of Fish the Dish starring Spencer Watts.

Serves: 4-6

Ingredients

- 2 pounds (907 g) centre cut, wild British Columbia salmon fillet
- 1 tablespoon (15 ml) smoked paprika
- 1 teaspoon (5 ml) dried thyme
- 1 teaspoon (5 ml) dried oregano
- 1 teaspoon (5 ml) garlic powder
- 1 teaspoon (5 ml) salt
- 1 teaspoon (5 ml) pepper

Crab Sauce

- 3 tablespoons (45 ml) canola oil
- 1 onion, chopped
- 1/2 cup (100 ml) dry white wine
- 1 cup (240 ml) whipping cream
- 1 lemon, juice
- ½ teaspoon (2.5 ml) cayenne pepper
- 1 cup (240 ml) cherry tomatoes, halved
- 9 ounces (255 g) fresh crabmeat
- 2 tablespoons (30 ml) parsley, chopped

Directions

1. Place the salmon fillet on a board, and using a sharp knife, cut through the centre horizontally. Butterfly the fish so that you can open it like a book.
2. Cover the fish in a piece of plastic wrap and very gently use a mallet to pound out the flesh so that it is about a ¼-inch (3 mm) thick.
3. Season the fish with salt and pepper and using a fresh sheet of plastic wrap or tin foil, roll the fillet into a tight round cylinder. Tie ends with string if needed.
4. Place in the refrigerator for 1 hour to set.
5. Preheat the oven to 325°F (160°C).
6. Heat 2 tablespoons (30 ml) canola oil in a pan. Add the chopped onion and cook until softened, 3-4 minutes. Add wine, salt, pepper, cream, and lemon juice, and allow to reduce by half.
7. Just before serving add cayenne pepper, cherry tomatoes, crabmeat, chopped parsley to the pan and

stir. Cook just until warmed through about 45 seconds.

8. In a bowl, combine paprika, thyme, oregano, garlic powder, salt, and pepper.
9. Remove the salmon roulade from the fridge and discard the wrapper.
10. Using a wet knife, slice the salmon into 4 pieces, each weighing about 5-6 ounces (142-170 g).
11. Dip the flat sides of each piece into the spice mixture.
12. Heat 1 tablespoon (15 ml) oil in a skillet at medium-high heat and sear the salmon flat side down for 30-60 seconds per side to create a crust.
13. Place seared salmon onto an oiled baking sheet, and transfer to the oven for 4 minutes.
14. Remove salmon from oven transfer to serving plates. Spoon sauce over top. Garnish with fresh parsley.