

**Salut!**  
**Recipe of the Month – October 2015**  
**Choux farci au saumon(Cabbage cooked with salmon)**

*This is a simplified version of one of the recipes that features in the film Haute Cuisine this month.*

*Cook in a large cooper pot.*

Savoy Cabbage head is twice blanched: first for three minutes in boiling water, drained and then cooled under a running cold tap for 10 seconds; then blanched again for 3 minutes and drained and left to cool.

The leaves are very gently separated from the cabbage head.

A cloth is placed in a colander with the largest of the wet leaves forming a reconstructed cabbage head.

Keep the cooled centre of the cabbage for reheating and serving with the dish.

Salmon fillets are placed inside in layers, lightly seasoned, followed by layers of cabbage leaves. The leaves are then folded over, reconstructing the stuffed cabbage head and wrapped tightly in the cloth.

A broth has been started in the cooper pot using onions and mushrooms as a stock base.

The stuffed cabbage head is slowly cooked in the broth for about 30 minutes with the lid on.

When it's cooked and ready to serve cut into portions as shown and serve with the new potatoes and carrots, the cabbage centre and a champagne sauce.



Champagne sauce:

1C leftover stock from cooking the chou farci

2C Champagne or other sparkling white wine

1/3 C shallots or spring onions minced

¼ cup unsalted butter to add to wine 3T for the roux(paste made with flour)

3T all-purpose flour and salt

Put the stock into medium pot cover and bring to boil

Reduce heat to lowest setting

In another medium pot add wine and shallots/spring onions and bring to rolling boil until it wine reduces to ¾ Cup. Turn off the heat and wait until wine stops simmering and whisk in the ¼ C butter a little at a time.

Heat the other 3T butter in another saucepan over medium heat when the butter stops foaming add the flour add well and stir to combine. Cook this roux(paste) for 5 minutes or until it turns the colour of coffee with cream.

Working with 2 hands slowly add the hot stock along with the mushrooms to the roux.

It will splutter and spit at first but keep pouring in the stock and stirring and it will turn into a silky sauce.

To finish turn the heat off, whisk in the butter, shallot sparkling wine mixture. Pour this mixture through a fine-mesh sieve into a bowl to strain out the mushrooms and shallots.

Add salt to taste and keep it warm but make sure you don't boil it or the sauce may separate.