

SALMON A LA GENEVESE

INGREDIENTS:

2 portions of salmon
2 chopped shallots
a little parsley
a small bunch of herbs
2 bay leaves
2 carrots
pepper and salt to taste
4 tablespoons of Madeira or sherry
240 ml of stock
thickening of butter and flour
1 teaspoon of anchovy sauce
juice of 1 lemon

DIRECTIONS:

Rub the bottom of a stewpan over with butter, and put in the shallots, herbs, bay leaves, carrots and seasoning.

Stir them for 10 minutes over a medium heat till golden.

Add the Madeira or sherry; simmer gently for 1/2 hour.

Strain through a sieve over the fish.

Simmer fish and stock until fish is cooked.

Remove from heat and drain all the liquid, except a little to keep the salmon moist, and put it into another stewpan; add the stock, thicken with butter and flour, and put in the anchovies, lemon-juice, cayenne, and salt; lay the salmon on a hot dish, pour over it part of the sauce, and serve the remainder in a tureen.

Time: 1¼ hour