

**Whole baked salmon baked in wine : fish made simple : main course /  
Tesco.**

**Contributors**

Tesco (Firm)

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**RECIPE**  
COLLECTION

*from*  
**TESCO**

**WHOLE  
SALMON  
BAKED IN  
WINE**



**FISH**  
*made  
simple*

**MAIN COURSE**



**TESCO**

# WHOLE SALMON BAKED IN WINE

**SERVES 6**

## INGREDIENTS

1 whole salmon  
25g (1oz) butter  
4 sprigs parsley  
4 sprigs dill  
4 x 15ml sp (4 tbsp) white wine  
Fresh dill, lemon and lime slices to  
garnish

## METHOD

- 1 Remove the head and tail if liked from the fish.
- 2 Cut a square of baking foil large enough to wrap loosely around the fish.
- 3 Butter the foil and place the fish in the centre. Place a few sprigs of parsley and dill on top.
- 4 Lift the foil up round the edges of the fish. Add 4 x 15ml sp (4 tbsp) white wine. Seal the foil. Lift onto a baking tray and cook in a pre-heated oven (150°C/300°F/Gas Mark 2) for 10-15 minutes per 450g (1lb).
- 5 Remove from the oven and leave to cool a little. Remove the skin while still warm. Leave to cool completely. Garnish with fresh dill and thin slices of lemon or lime. Delicious served with mayonnaise.

The same method can be used for Arctic Char, using an oven pre-heated to 190°C/375°F/Gas Mark 5 and cooking for 25 minutes per 450g (1lb).

## NUTRITION INFORMATION PER SERVING (SERVES 6)

Energy	Fat	Protein	Carbohydrate	Fibre
207 Calories (kcal)	15g	18g	0g	0g

All lines subject to availability at Tesco