



Roasted Salmon with Mariner Sauce

NIBBLEDISH CONTRIBUTOR

Ingredients

Sauce:

- 1 cup of flour
- 1 liter of milk
- 3 soup spoons of butter
- 10 oz. of fried shrimp tails
- Salt, pepper and nutmeg

Salmon:

- 1 salmon, divided on half fillets
- 1 feather-shape chopped onion
- 4 soup spoons of butter
- Dry oregano at taste

Instructions

Salmon:

1. Spread the chopped onion on a baking tray and cover it with vegetable oil.
 2. Put the salmon over the onion (with the meat upside) and spread the butter over the salmon surface.
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3. Spread the dry oregano over the salmon.
 4. Put the salmon in the pre-warmed middle temperature oven during 30-35 minutes, or until is completely cooked.

Sauce:

1. Fry the shimp tails on vegetable oil and reserve.
2. Melt the butter on a small pot (1 liter approx.).
3. Pour the flour on the melted butter and mix. When the mix takes a sand texture pour the (previously warmed) milk slow and progressively. Continue mixing constantly, until the mix takes a creamy texture.
4. Flavor the sauce with salt, pepper and nutmeg at your taste. Then, mix the sauce with the reserved shrimp.

Presentation:

1. Cut a 6 oz. piece of salmon and put it on a dish.
 2. Cover the salmon with the sauce.
 3. Serve hot, with white rice or sauteed vegetables.
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