

Salmon Bisque | SCRAPS by Carolina Gelen

Prep Time: 15 minutes | Cook Time: 30 minutes | Makes 4 servings

Bisque

- 3 tablespoons butter
- Neutral oil
- 2 medium or 3 small carrots, coarsely chopped
- 4 celery stalks, coarsely chopped
- 1 medium yellow onion, coarsely chopped
- Kosher salt
- 1 cup white wine or water
- 3 tablespoons tomato paste
- 4 cups water
- 1 tablespoon cornstarch, plus 3 tablespoons water
- 3/4 cup (200 g) heavy cream

Salmon

- 1 large (1.5 to 2 lbs/ 650 to 900g) salmon fillet or 4 individual fillets
- 3 tablespoons extra-virgin olive oil
- Kosher salt
- 2 teaspoons sweet paprika
- Freshly sliced chives or scallions, for serving

In a medium pot over medium heat, melt the butter. Add a drizzle of oil, the carrots, celery, onion, and a hefty pinch of salt. Cook, stirring occasionally, for 5 to 6 minutes, until the veggies develop golden brown spots throughout. Carefully add ¼ cup of wine or water to the pan and scrape the caramelized bits on the bottom of the pot. Continue cooking for 4 more minutes and repeat the previous step by adding another ¼ cup of wine or water to the pot.

Add a couple of tablespoons of oil to the pot. Add the tomato paste and cook, stirring frequently, until the color turns a darker, burgundy shade, 1 to 2 minutes.

Add the remaining ½ cup of wine or water and scrape the bits on the bottom of the pan using a wooden spoon. Add the water and bring to a boil. Add a hefty pinch of salt and reduce the heat to medium-low. In a small bowl, combine the cornstarch and 3 tablespoons of water. Add the mixture to the pot and simmer for 20 to 25 minutes.

Remove the skin off the salmon by sliding a knife in between the flesh and the skin. You can either simmer this in the bisque and discard before blending or crisp it up by frying it in neutral oil.

Meanwhile, heat the oven to 400°F (205°C). Line a baking sheet with parchment paper. Drizzle a tablespoon of oil on the bottom of the pan. Place the salmon in the pan. Drizzle with the remaining 2 tablespoons of oil, and season with salt and paprika on top, evenly coating the salmon using a brush or your hand. Bake for 20 to 25 minutes, until the salmon develops a burgundy crust on top.

Carefully add the simmered broth with all the veggies to a blender. Add the cream. If using a countertop blender, remove the center plug from the lid to allow the steam to escape. Blend until smooth.

Divide among bowls, place the crumbled salmon on top and top with freshly chopped chives.