

# Salmon with Béchamel Sauce

## Ingredients

### Béchamel sauce

1 tbsp butter

1 tbsp flour

1 cup milk

1/4 tsp salt

1/8 tsp nutmeg powder

### Salmon in the sauce

1 pound salmon fillet (skinless) cut into 3 pieces

2 tablespoons olive oil

1 tbsp butter

Béchamel sauce

2 cloves garlic minced

1 plum tomato diced

1 small onion or 2 medium shallots,  
finely diced

1/4 cup white wine

5-6 basil leaves chopped

1 tsp paprika

salt to taste

freshly ground pepper



## Method

For the sauce, melt butter in a saucepan over medium-low heat. Add flour and stir until smooth. Stir constantly until it turns into light golden color.

In another small pan, heat milk until just boiling. Slowly add hot milk to the butter-flour mixture. Whisk vigorously until smooth. Bring to a boil and cook for another 7-8 minutes. Add salt and nutmeg. The sauce is now ready.

Season the salmon fillet on both sides with salt, paprika, and pepper.

Heat the oil in a large skillet over medium-high heat and sear the salmon fillet for 3 minutes on each side, or until cooked. Remove and set aside.

Melt butter in the same pan and add the garlic, fry until fragrant.

Add the onion and continue frying. Pour in the white wine, and allow it to reduce slightly.

Add the tomatoes and cook until a little mushy.

Pour in the bechamel sauce and let it simmer. Stir occasionally and adjust the seasonings.

Add the salmon back into the pan; sprinkle with the chopped basil, and spoon the sauce over each fillet.

Cover and cook for about 2 mins.