

THE SALMON LOBSTER WELLINGTON

The Recipe

<https://cuisinedaubery.com/recipe/salmon-lobster-wellington-recipe/>

Delight your senses with succulent salmon and decadent lobster, wrapped in flaky puff pastry for an unforgettable dining experience

Preparation Time: 30 Minutes

Cooking Time: 30 Minutes

Skill: Intermediaire Level

Cuisine: French Cuisine

Courses: Main Dish, Fish,

Ingredients

For a 9.84" (or 9 27/32" or 25 cm) long loaf

2 Shallots

3 Garlic Cloves

2 Lobsters Fresh Lobster tails, or frozen

1/2 Cup White Wine

2 Salmon Filets

some Puff Pastry Dough For the recipe, see [HERE](#)

A few Spinach Leaves

*Serving Sauce

some Sauce for Fish For the recipe, see [HERE](#)

For a 5.11" (or 5 1/8" or 13 cm) long loaf

1 Shallot

1 1/2 Garlic Cloves

1 Lobster Fresh Lobster tails, or frozen

1/4 Cup White Wine

1 Salmon Filet

some Puff Pastry Dough For the recipe, see [HERE](#)

A few Spinach Leaves

*Serving Sauce

some Sauce for Fish For the recipe, see [HERE](#)

Steps

THE SALMON LOBSTER WELLINGTON

The Lobster

1. Start by lightly browning the Shallots (2) in a bit of butter, then add the diced Garlic Cloves (3) and stir on low/medium heat
2. For today's meal I took Lobsters, but you may substitute with crab as well
3. Take the meat out of the shells of the Lobsters (2) and cut in chunks
4. Cook on high heat in the pan with the Shallots and the Garlic Cloves
5. Then deglaze with the White Wine (1/2 Cup), add the Lobsters, let it cook briefly and let evaporate
6. Set aside

The Salmon

7. Remove the skin and the pin bones of the Salmon Filets (2)
8. Sear the Salmon Filets for a few seconds
9. The goal is NOT TO COOK THROUGH but to simply sear them.
10. You may buy a Puff Dough but I usually find them too thin for this recipe. I like to use a thick Puff Pastry Dough (0.19" (or 13/64" or 0.5 cm) thick) : for this reason, I prefer making the Puff Pastry Dough myself
11. To make the Puff Pastry Dough yourself : The recipe is [HERE](#)
12. For a perfect result, use a loaf mold. I am using a Silikomart mold "TOR250X90"
13. To purchase online, see [HERE](#)
14. Coat the mold with plastic wrap. You will get the best results when using a thick puff dough
15. Coat the mold with the puff dough
16. Fill with the precooked Lobsters
17. Spread a few Spinach Leaves
18. Finish by filling with the precooked Salmon Filets
19. Fold the puff dough, then place it in the refrigerator for 1 hour
20. For the decoration, I chose to use a lattice pattern, using this lattice rolling tool. You may be creative and choose your own patterns with cookie cutters as well !
21. To purchase online, see [HERE](#)
22. I placed the dough in the freezer to solidify which will make the next steps easier
23. Remove the mold from the refrigerator and unmold (remove the plastic wrap of course !)
24. Brush with some eggwash...
25. and lay the pattern you chose (in my case, the lattice)

Baking

26. Place in the preheated oven at 380 F / 190 C for about 30 minutes

The serving sauce

27. I recommend serving this Wellington dish with a Sauce for Fish
28. The recipe is [HERE](#)