GLOBAL · SNACK

Salmon Pâté with Smoked Salmon and Herbs

60 min · plus 4 hours chilling · Makes 8 × ⅓ cup (about 80 g) · 209 kcal a portion

Video 7:55 · Helen Rennie

Pescatarian · Gluten-free ingredients · Nut-free

Made with fresh and smoked salmon: about 12 g of protein and 1.5 g of omega-3 a serve (most of it long-chain, from the fish), and rich in vitamin B12, selenium and vitamin D. Very low in carbohydrate.

Diet notes: Keto (1 g net carbs a serve).

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Ingredients

14 · MAKES 8 × ⅓ CUP (ABOUT 80 G)

- [ ] 454 g **salmon fillet**, baked and flaked (about 330 g cooked, skin discarded)
- [ ] 1 tsp **oil** (any oil works)
- [ ] a little **salt**, to taste (go easy: the smoked salmon is salty)
- [ ] **lemon zest** (from 1 lemon)
- [ ] 2 tsp **lemon juice** (or to taste)
- [ ] 1 medium **shallot** (or 2 spring onions), minced
- [ ] 1 tbsp **capers**, rinsed, dried and minced (optional)
- [ ] 2 tbsp minced **herbs** (any mix of tarragon, parsley, dill, chives)
- [ ] 113 g **cold-smoked salmon**, minced
- [ ] 30 g (2 tbsp) **soft unsalted butter**, in 4 pieces
- [ ] 65 g (4–5 tbsp) **mayonnaise**
- [ ] 35 g (2 tbsp) **crème fraîche** (or sour cream)
- [ ] 15 g (1 tbsp) **Dijon mustard**
- [ ] **black pepper**, to taste

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Contains: Fish, Egg, Milk. Check labels on stock, sauces and spice mixes.

Method

TIMES = THE MOMENT IN THE VIDEO

1. Heat the oven to 150 °C. Put the salmon on a foil-lined tray, sprinkle lightly with salt and rub with the oil. Bake about 15 minutes per 2.5 cm of thickness, until the flakes just separate but the centre still looks translucent. 1:11
2. Let the salmon rest 20–30 minutes; it finishes cooking and cools down. 2:57
3. Meanwhile put the minced shallot, smoked salmon, lemon zest and juice, capers and herbs in a bowl. Add the butter, mayonnaise, crème fraîche and mustard and mash with a fork until no lumps of butter remain. Season with pepper. 5:20
4. Lift the cooked salmon off its skin (leave the brown flesh and any white albumen behind) and mix it in thoroughly, breaking it into small flakes. 6:19
5. Taste for salt and lemon, then chill at least 4 hours (up to 2 days) to firm up. Serve in sandwiches or on toasts or baguette slices. 6:53

> **Tip** Use leftover grilled or poached salmon instead of baking a fillet. Keeps 2 days in the fridge. Good on cucumber slices or seed crackers, in lettuce cups or as a sandwich filling (4 sandwiches per batch).

The method is a summary in our words — the video shows every step.

One portion, ⅓ cup (about 80 g), gives you

1 OF 8 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
209 kcal	12 g	1.3 g	0.3 g	17 g	600 mg
870 kJ	24% of a day	1 g net · 0.6 g sugars	1% of a day	5.1 g saturated	26% of a day
		0% of a day		22% of a day	

Energy from net carbs 2% · protein 23% · fat 75% — fits keto: 1 g net carbs, 75% of the energy from fat

High in (20%+ of a day) Omega-3 101% · Vitamin B12 69% · Selenium 43% · Vitamin D 23%

Source of (10–19%) Vitamin B6 18% · Vitamin E 13% · Vitamin K 12%

Recipe and video: Helen Rennie (@helenrennie) on YouTube — youtube.com/watch?v=GuUVu36CMtE, published 25 March 2021. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/two-salmon-pate