



# *Marithé's delicious recipes*

## **Salmon loaf** **NO EGGS OR WHEAT FLOUR**

### INGREDIENTS

- 225 g tinned salmon (or tuna in brine),
- 6 cl evaporated milk (unsweetened),
- 1 tablespoon butter,
- 1 onion,
- 10 celery leaves,
- 2 tablespoons lemon juice,
- 2 tablespoons cornstarch,
- Salt, pepper, 2 tablespoons parsley.

### INSTRUCTIONS

- Line a small cake tin with buttered greaseproof paper.
- Drain the salmon or tuna and remove any bones or skin.
- Sweat the onion in the butter with the chopped celery leaves, then remove it from the heat.
- Mix the starch with lukewarm milk and add the onion/celery mixture.
- Mix without breaking up the salmon too much, add the parsley and lemon juice, season and put into the tin.
- Cook in the oven at 200°C - 45 min.
- Check the cooking by inserting a knife which should be dry when removed.

You can prepare a light sauce to accompany this terrine :

- 125 g fromage frais or crème fraîche,
- 1 teaspoon chives,
- 1 teaspoon parsley,
- 1 small shallot, chopped,
- Salt + pepper,
- A dash of lemon juice.

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