

Salmon Pillows with Basil Cream Sauce



Ingredients:

For the sauce:

- 1 cup fresh basil leaves
- 2 cloves garlic
- 1 cup fresh parmesan cheese, grated
- 1 cup reduced fat half and half
- 1/2 cup heavy whipping cream
- 1/4 cup olive oil
- 1/4 cup pine nuts, toasted
- 1 tablespoon kosher salt
- 1 tablespoon freshly ground black pepper

For the Pillows:

- 6 ounces reduced fat cream cheese
- 1 package puff pastry dough, thawed
- 1 cup smoked salmon, flaked
- 1 egg
- 2 tablespoons fresh lemon juice
- 1 tablespoon kosher salt
- 1 tablespoon freshly ground black pepper

Directions:

For the Sauce:

1) Place the basil leaves, garlic cloves, olive oil, pine nuts, salt and pepper in a food processor and pulse until all ingredients are finely chopped.

2) Transfer the mixture to a medium saucepan and set the burner temperature to medium heat. Stir in the parmesan cheese, half and half and cream, and place the pan on the stove, allowing the mixture to cook until heated through but not boiling.

For the Pillows:

1) Preheat your oven to 350 degrees.

2) In a large mixing bowl, combine the salmon, cream cheese, lemon juice, salt, pepper, and 1/4 cup of the dill until all ingredients are fully incorporated.

3) Roll the pastry dough out on a lightly floured surface until it's about 1/2 inch thick.

4) Using a pizza cutter, slice the dough into four equal strips, then slice each strip into twelve equal squares.

5) Spoon a rounded teaspoon of the salmon onto the middle of each pastry square.

6) Moisten your fingers with a small amount of water and line two of the sides of each square with water.

Optional Garnishes:

- 1/2 cup red onion, diced
- 1/2 cup fresh dill
- 1/2 cup capers

- 7) Fold the pastry dough over, creating a triangle, and press the seams together forming a tight seal.
- 8) Place the pillows on a parchment-lined baking sheet.
- 9) Mix the egg with a dash of water in a small bowl and brush the egg mixture over the pillows.
- 10) Place the baking sheet in the oven and bake the pillows for 20 minutes until puffed and browned on top.
- 11) To serve, transfer the pillows to a serving dish with a bowl of the sauce. Garnish with red onion, dill and capers.