

Creamy Salmon Soup

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Traditional Russian foods include a variety of soups, which is particularly popular for lunch. There are many types of traditional Russian soups—among the most famous being Rassolnik (pickled cucumbers, pearl barley, and pork or beef kidneys), Schi (fresh cabbage, meat, and sour dressing), Kharcho (beef, rice, walnuts, and garlic), and Okroshka (boiled potatoes, eggs, beef, veal, sausages, or ham with kvass, a non-alcoholic beverage made from fermented flour and malt). The most popular soup that is made from fish is the clear soup called Ukha (see Newsletter No. 30:16).

Creamy salmon soup is one of my favorites. It is tasty and popular in countries with long and cold winters because it satisfies, warms, and improves mood. In this recipe, any salmon, especially sockeye, coho, and chum, or trout will do. My mother adores cooking soups with salmon and gave me this recipe a few years ago.



Ingredients

- 4 slices salmon fillet (500-600 g) cut into large pieces for the soup plus the bones of the frame (including head and tail) to make the fish broth
- 1 whole leek cut into large pieces
- 1 bunch parsley (stems and leaves and use the parsley root if it is available)
- 1 Tablespoon butter
- 3 Tablespoons cooking oil
- 1 shredded carrot
- 1 onion sliced into rings
- 2 Tablespoons flour
- 1/2 cup milk
- 1 cup cream

Method:

1. Remove fish scales, rinse the fish, and separate the fillets from the bones.



To make the fish broth: place the frame into a pot with 5-6 cups of water. Add leeks and parsley. Bring to a boil and simmer for 15-20 minutes. Filter the broth through a sieve or cheese cloth and return the broth to the pot.



Add salmon fillets, butter, 1 tablespoon oil, shredded carrots, and onion to the broth and cook on low heat for 10-15 minutes. Remove and set aside a few pieces of the cooked salmon to add later to the top of each serving.



In a separate pot, heat 2 tablespoons of cooking oil and fry 2 tablespoons of flour until golden color. Add the fish broth (with vegetables and fish) and cook for 2 minutes.

5. Place the soup mixture in a blender and puree.
6. Pour the pureed soup back into the pot and keep it hot.



Heat the milk and cream in another pot. When heated through, pour it slowly into the soup while stirring. Cook the soup for just a minute or so until small bubbles appear.

8. Add salt and pepper to taste.



Pour the soup into individual serving bowls, and place a piece of the reserved salmon and some of the croutons on top of each serving.