

{Quick} Wild Salmon and Leek Paté

- by Healing Family Eats

This is snack perfection! I like to keep a large jar's worth in the fridge for when the mood strikes and fill small, freezable glass containers to squirrel away in the freezer for another time. (makes 2 cups)

3/4 lb wild salmon fillet, skin on
1 large [bay leaf](#)
1 tbsp solid fat (I use lard or [coconut oil](#))
3 oz piece of white leek, thinly sliced
1 cup [coconut cream](#) *
1 tbsp finely chopped chives
1 tbsp finely chopped dill
3/4 tsp [fine sea salt](#)

Put salmon into a large sauté pan, skin side down, and pour in enough filtered water to just cover. Add a bay leaf and bring the water up to a gentle simmer. Poach the salmon for about 5-7 minutes until just cooked. Remove from the liquid and set aside on a plate to cool. Remove the skin and discard.

Meanwhile, put the fat into a medium pan and sweat the leeks on a gentle heat for around 5 minutes until softened but not coloured. Remove and set aside on a plate to cool.

Break the salmon into large flakes and put into the bowl of a [food processor](#), along with the leeks and the remaining ingredients. Pulse a few times until the paté has a consistency that you like, then taste and adjust the amount of salt if necessary.

Serve with sticks of firm raw veggies, such as carrots, cucumber, daikon, fennel etc, or spoon into halved avocados. And if you're not worried about your histamine tolerance, give yourself a wedge of lemon to squeeze over, too.

Recipe will keep in the refrigerator for up to 3 days. Alternatively it freezes like a dream in [small, well sealed glass jars](#).

* Put a 400ml can of coconut milk in the fridge at least a night before you want to make the paté. Turn the cans of refrigerated coconut milk upside down, open with a can opener and pour the watery liquid off into a separate jug. You can use this for smoothies or soups. The cream is what is left behind.

