

Herb-Stuffed Baked Salmon with Béarnaise Sauce

Hands-on 20 minutes Overall 1 hour

Nutritional values (per serving, about 145 g/ 5 oz cooked salmon + 2 tbsp Béarnaise sauce): Total carbs: 2.6 g, Fiber: 0.5 g, **Net carbs: 2.1 g**, Protein: 39.2 g, Fat: 28.2 g,

Calories: 428 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 10 servings)

Baked salmon:

3.5 kg whole salmon (7.7 lb) - *will yield about 50% meat*

2 whole organic lemons

4 shallots *or* small onions (120 g/ 4.2 oz)

bunch of tarragon

few sprigs of thyme

75 g grass fed butter *or* ghee (2.7 oz)

sea salt and pepper to taste

Quick blender Béarnaise sauce:

4.5 oz butter *or* ghee, melted (127 g, slightly over 1/2 cup)

3 egg yolks

1 tbsp chopped tarragon

1 tbsp white wine vinegar

sea salt and pepper to taste

Note: Recipe makes about 1 cup of Béarnaise Sauce which will be enough for 10 people (about 2 tablespoons per serving), or up to 5 people (about 4 tablespoons per serving). Béarnaise is best prepared fresh, as reheating will result in clumping and separation of the fats. Lemons are used to infuse the salmon and are therefore partially included in the nutrition facts.

Instructions

1. Preheat oven to 240 °C/ 465 °F. Peel the shallots and cut them into halves.
2. Cut the lemons into halves, reserving one half, then into quarters. Cut the reserved lemon half into slices. Slice the butter into slices.
3. Make a series of slashes on either side of the fish. Sprinkle salt and pepper into the cavity of the salmon before placing the lemon wedges, shallot halves, tarragon and thyme into the cavity.
4. Push the lemon slices, butter slices and a few sprigs of tarragon

and thyme into the slashes.

5. Using kitchen twine, tie the fish at intervals to prevent the stuffing falling out.
6. Place a baking rack over a tray to fit either oven or barbecue. Don't worry if the head and/or tail are hanging over slightly. Cook the salmon in your hot oven for 15 minutes, and then reduce the heat to 180 °C/ 360 °F. Bake for a further 30 minutes.
7. Remove and let cool slightly and then transfer carefully onto a serving platter and remove string.
8. To make the Béarnaise sauce, place egg yolks and white wine vinegar into blender and blend until combined and creamy. Slowly drizzle the melted butter in, blending well in between drizzles until the sauce is thickened. Add the tarragon and blend for a few seconds. Taste the sauce and add salt and pepper accordingly. Serve warm.

More great content on KetoDietApp.com

[Keto calculator](#)

[Best keto recipes](#)

[Complete keto diet food list](#)

[Expert articles & ketogenic guides](#)

[Keto Diet App](#)

[Free & premium keto diet plans](#)