

Poached Salmon w/ Herb Vinaigrette

Swick

Serves 4 | Active Time: 40 minutes | Total Time: 40 minutes

Step 1: Preparing the Court Bouillon

- 5 cups cold water
- 1 cup white wine
- 2 ribs celery
- 1 leek (white part only)
- 1 small onion
- 1 lemon
- 1 bay leaf
- 1 tsp whole peppercorns (white or black)
- 2 tsp kosher salt (or to taste)
- 1 sprig fresh dill
- 1 sprig fresh parsley

To prepare the court bouillon, first add the cold water and wine to a 10" -inch sauce pan (approx. 3" -inches high). Slice the celery into 1/8" -inch slices. Cut the leek in half, wash and thinly slice just the white part. Dice the onion and add everything to the liquid. Cut the lemon and squeeze in the juice. Add the bay leaf, peppercorns and salt and bring to a simmer. Once the liquid comes to a simmer, turn off the heat. Cover with a lid and let steep for about 30 minutes. Gather the dill and parsley and set aside while you prepare the sauce.

Step 2: Making the Sauce

- 1 1/2 tbsp shallots
- 1 1/2 tbsp chives
- 1 1/2 tbsp capers
- 1 tbsp fresh dill
- 1/4 tsp garlic
- 1/2 lemon
- 1/3 cup extra-virgin olive oil
- kosher salt (to taste)
- freshly ground black pepper (to taste)

To make the sauce, finely mince shallots. Thinly slice the chives. Finely chop the capers and dill. Mince the garlic and place everything into a bowl. Squeeze in the lemon juice and whisk in the olive oil. Season with salt and freshly ground pepper to taste.

Step 3: Preparing the Salmon

- four 5 oz coho salmon filets

To prepare the salmon, remove the pin bones and skin if necessary.

Step 4: Poaching the Salmon

- kosher salt (to taste)

Once the court bouillon has steeped, taste it for seasoning. You will want the liquid to be a bit salty, as this will ultimately flavor and season the fish. At this point, you may want to remove some of the vegetables so you can easily submerge the fish into the liquid.

Bring the liquid to the proper poaching temperature (between 160-180° degrees Fahrenheit). Place the fish into the liquid, making sure every piece is completely submerged. Add the fresh dill and parsley. Allow the fish to gently cook within the poaching temperature range until it is done to your liking.

Step 5: Serving the Dish

Once the salmon is done to your liking, remove from the liquid and place onto a cooling rack to drain.

Spoon some of the sauce over top and serve immediately with steamed rice for an incredibly healthy meal.