



chilled poached salmon with lemon dill sauce

Say "Mrs. Smith's Fish Sauce Shop" five times fast... I can't do it twice. But rather than taking 10 minutes to untwist your tongue, you could pull together this super-easy poached fish dish. By the time you can utter "Fisherman Fritz fishes fresh fish, fresh fish does fisherman Fritz fish," this salmon will be perfectly chilled and ready to be smothered in the zesty dill sauce.

SERVES: 6



julie albert
& lisa gnat



ingredients

Poached Salmon

1 1/2 cups dry white wine
1 1/2 cups water
1 lemon, sliced
2 sprigs fresh dill
1 dried bay leaf
1/2 tbsp whole black peppercorns
1 tsp kosher salt
1/2 tsp freshly ground black pepper
6 (6oz) salmon fillets, skin removed

Lemon Dill Sauce

1 cup mayonnaise
1/4 cup buttermilk
1 tbsp chopped fresh dill
1 tbsp fresh lemon juice
1 tsp grainy mustard
1/2 tsp lemon zest

directions

1. In a large skillet, combine wine, water, lemon slices, dill sprigs, bay leaf and peppercorns. Bring to a boil over high heat.
2. Season salmon fillets with salt and pepper. Once the water has boiled, add salmon to skillet, cover and turn the heat off, letting the fish poach for 10 minutes or until flaky. Remove salmon from liquid and transfer to plate, refrigerating for at least 2 hours before serving.
3. For the sauce, in a medium bowl, whisk mayonnaise, buttermilk, chopped dill, lemon juice, mustard and lemon zest. Chill and serve with poached salmon.

"I love a massage. I'd go every day if I could. I don't need to be wrapped in herbs like a salmon fillet, but I do love a massage."

— JASON BATEMAN

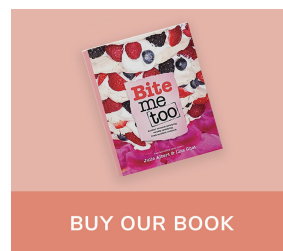
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