

Salmon Poached in Champagne

Description

Fresh salmon poached in champagne is easy and delicious. A perfect preparation for salmon. Salmon remains moist but firm. Champagne or Cava adds a light acidity and just a touch of sweetness

Ingredients

- 1 oz fresh dill, chopped
- 1 lb fresh, skinless, farm or wild salmon filets
- 2 cloves shallot, chopped
- 1 bottle champagne or cava
- 1 tbsp butter

Instructions

Rinse and dry fish.

Use a shallow sauté pan or a fish poacher - liquid needs to cover fish; or you'll need to spoon brine over fish while poaching.

Open and pour champagne or cava into pan and add chopped dill, shallots. Start heat and add fish.

Poach fish about 10 - 15 minutes, fish should turn from a salmon color to a lighter pink color and texture of fish should be firm.



Summary

Yield: 2

Source: Adapted from Emeril Lagasse poaching brine

Prep Time: 30 minutes

Category: Fish

Cuisine: American

Tags: salmon, poached, champagne

Notes



An inexpensive champagne is fine for poaching ...

You may not need the full bottle for poaching, which of course, just leaves some champagne left over for drinking.