

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.

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.



Summary

Yield: 2

Source: Adapted from Emeril Lagasse poaching brine

Prep Time: 30 minutes

Category: Fish

Cuisine: American

Tags: salmon, poached, champagne