



Poached Salmon with Green Sauce

Recipe by Stephen Pavy

Serves: The size of the salmon determines how many it will serve. I recommend planning on no more than 1/3 pound per person (but the leftovers are also quite yummy).

Serve with Freestone Vineyards "Fogdog" Pinot Noir

- Fish poacher (strongly recommended - a trimmed 12 pound salmon will be easily accommodated)
- 1 Whole salmon (gutted and cleaned with head and fins removed)
 - Olive oil for brushing poacher tray
 - 1 cup Dry white wine
 - 2 slices Sweet onion
 - 2 Turkish bay leaves
 - Several sprigs thyme
 - Several sprigs flat leaf parsley
 - 2 tsp. Salt
 - 10 Peppercorns
 - Optional:
 - ½ bottle Clam juice

Brush olive oil over poaching “tray”; this helps prevent the salmon from sticking when you remove it. Place salmon in poacher. Add wine and clam juice (if using). Add cold water to barely cover fish. Add remainder of ingredients and cover poacher. Bring liquid in poacher to boiling and then immediately reduce heat to simmer. Keep poacher covered for 30 minutes then begin checking for doneness. If you have a meat thermometer, you may remove fish when thermometer registers 140 at deepest part of fish. You may also use a wooden toothpick. If it meets little resistance and comes away clean when inserted into the thickest part of the fish, it is likely done.

When fish is done, remove poacher from heat and remove fish to a large platter. You may wish to drain liquid from poacher before attempting to lift out the fish. The fish may be served immediately or it may be cooled at room temperature and then refrigerated for several hours before serving. Fish may be brought to table directly from the refrigerator (especially advised if the day is warm).

Serve with green sauce.