

## Poached Salmon with dill sauce

Seafood, Williams-Sonoma book

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### For the Salmon

1 salmon fillet, 3 lb (1.5 kg.) pin bones removed  
½ cup (4fl oz/125 ml) dry white vermouth or wine  
¼ cup 92 oz/60ml) fresh lemon juice  
2 shallots, sliced  
1 small carrot, peeled and cut into 1-inch slices (HdeH cut thinly is perfect)  
1 stalk celery, cut into 1-inch slices (HdeH cut thinly is perfect)  
½ by leaf  
2 fresh flat-leaf (Italian) parsley sprigs  
Sea salt

### For the Dill Sauce

½ cup crème fraiche or sour cream  
½ cup plain yogurt  
2-3 teaspoons lemon juice  
2 tablespoons mince fresh dill  
Sea salt and white pepper  
1 English cucumber  
Fresh dill sprigs and lemon wedges for garnish

1. Measure the salmon fillet at its thickest over medium-high heat. Fill a small, flameproof roasting pan or large frying pan with 2 inches (5cm) of water. Add vermouth, ¼ cup lemon juice, shallots, carrot, celery, bay leaf, parsley, and 1 teaspoon salt. Bring to a boil over medium-high heat.
2. Reduce the heat to a low simmer and place the fillet in the pan. The liquid should cover the fillet by at least 1 inch; add more water if necessary. Fill a small, flameproof roasting pan or large frying pan with 2 inches of water. Add the vermouth, ¼ cup lemon juice, shallots, carrot, celery, bay leaf, parsley, and 1 teaspoon salt. Bring to a boil over medium-high heat. Reduce the heat to a low simmer and place the fillet in the pan. The liquid should cover the fillet by at least 1 inch; add more water if necessary.
3. Adjust the heat so that just a few slow bubbles emerge from under the fish. Poach the fish for 10 minutes per inch of thickness; the flesh should still be translucent in the center.
4. Using a long offset metal spatula or slotted metal spatulas transfer the fish to a platter and let cool completely. Drain off the accumulated liquid.
5. While the fish poaches, make the dill sauce: In a small bowl, combine the crème fraiche, yogurt, lemon juice to taste, dill, and salt and white pepper to taste. Stir to blend. Cover and refrigerate until ready to serve.
6. To serve, use a mandolin or a sharp knife to cut the cucumber into paper-thin slices. Beginning at the thicker end of the fish, place the cucumber slices in overlapping rows to resemble fish scales. Surround the fish with the dill sprigs, and group the lemon wedges in clusters around the fish. Serve the fish cold or at room temperature, accompanied with the dill



Photography Williams-Sonoma



Photography Henri T. de Hahn

sauce.

NOTE: This dish can be prepared 1 day ahead of time and refrigerated

NOTE: HdeH. Salmon does not need to be cold to enjoy all flavors

NOTE: Second image is a menu suggestion with smashed potatoes and lemon zucchini au gratin