



Shallow-Poached Salmon with Lemon Butter Sauce

Uses a forgiving and foolproof poaching technique

- 1 (24 ounce) boneless, skinless salmon fillet
- 1-1/2 teaspoons fine sea salt
- 3/4 teaspoon ground black pepper
- 2 Tablespoons olive oil
- 6 Tablespoons unsalted butter, divided
- 1 large lemon, seeded, thinly sliced crosswise
- 1/2 cup thinly sliced leeks
- 4 to 6 fresh thyme sprigs
- 1/2 cup dry white wine
- 1 cup cherry tomatoes, halved
- Mixed salad greens as desired
- Garnish: As desired thin sliced radishes, thyme leaves

Before Starting: Preheat oven to 500°F. Cut fillet into 4 serving pieces. Sprinkle with salt and pepper. Set aside.

Make a cartouche: Fold a 12-inch square of parchment paper in half from bottom to top to create a rectangle; fold left side over to form a square. Fold bottom right corner up to top left corner to form a triangle. Set the bottom left point of the parchment triangle at the center of a 12-inch ovenproof skillet. Mark where the outer edge of the parchment meets the bottom edge of the skillet; trim parchment along the mark in an arc shape to mimic the curve of the skillet. Snip 1/2 inch from the folded point of the triangle. Unfold cartouche and set aside.

Cook Salmon with Lemons: Heat oil and 2 tablespoons butter in a 12-inch ovenproof skillet over medium-high until butter melts. Add lemon slices; cook until lemon slices are bubbling, about 1 minute. Flip lemon slices. Add leeks to skillet; stir to coat. Cook, stirring occasionally, until leeks are wilted, about 5 minutes. Add thyme sprigs to skillet; top with salmon fillets. Add wine to skillet, and top mixture with parchment cartouche. Bring to a simmer over medium-high.

Bake Salmon in Oven: Carefully transfer skillet to preheated oven. Roast until fish is opaque and flaky, about 6 minutes. Carefully remove skillet from oven. Remove cartouche; transfer fillets to a warm platter, and re-cover with cartouche.

Prepare Butter Sauce: Return skillet to heat over medium; bring pan juices to a light simmer. Add tomatoes and remaining 1/4 cup butter; cook, stirring constantly, until butter is melted, and sauce is creamy, about 2 minutes. If desired, add salt to taste. Remove from heat.

To Serve: Discard parchment cartouche; divide salad among 4 plates; place salmon on serving plates. Spoon sauce over fillets; garnish with thin radish slices and thyme leaves. Serve immediately. Serves: 4
Prep. Time: 30 minutes Total 35 minutes

Recipe by: <https://www.foodandwine.com/recipes/shallow-poached-salmon-with-leek-beurre-blanc>

Hints for using a cartouche:

Shallow poaching under a cartouche, **a circle of parchment paper**, yields tender fish in minutes. This method works with any mild fish, such as

flounder, rockfish, or grouper. If any fillets are of uneven thickness (such as tapered portions near the tail), fold the thin portion underneath to achieve an even 3/4-inch thickness.

About the Recipe: This recipe uses a unique technique to poach salmon using a cartouche. It produces tender moist fish in a short amount of time. The lemon-flavored butter sauce glazes the fish and is silky smooth. Small tomatoes are a tart complement to the buttery sauce. The surprise was that the lemon slices are very mild and tender.

Why is Salmon so popular around the world?

Salmon is a popular fatty fish that's loaded with nutrients and may reduce risk factors for several diseases. It's also tasty, versatile, and widely available. There are many species of salmon that are prepared around the world. It's popular in countries such as the United States, Canada, Japan, Korea, Russia and central Taiwan. It also has a growing farm raised market in South American and Norway.