

Poached Salmon Fillet

INGREDIENTS

1 to 1½ pounds salmon fillets, pin bones removed

Salt

½ cup dry white wine (a good Sauvignon Blanc)

½ cup water

1 shallot, peeled and thinly sliced or a few thin slices of onion

Several sprigs of fresh tarragon or dill

A sprig of fresh parsley

Freshly ground black pepper

A few slices of fresh lemon to serve

Sprinkle the salmon fillet with a little salt. Put the wine, water, dill or tarragon, parsley and shallot or onions in the poaching or sauté pan, and bring to a simmer over medium heat. Place the salmon fillet down on the pan. Cover. Cook about 10 minutes for a whole fillet, depending on the thickness of the fillet, or to desired done-ness. Do not overcook. To serve, place salmon fillet on a platter surrounded by lemon slices. Sprinkle with pepper. Pour tarragon sauce over salmon. Garnish with sprigs of tarragon and parsley.

Tarragon Sauce for Poached Salmon

2 bunches fresh tarragon (about ½ cup of leaves, not packed)

1 large bunch fresh chives

1 large shallot

¾ cup fresh flat-leafed parsley leaves

½ cup mayonnaise

½ cup sour cream

1/3 cup rice vinegar (not seasoned)

2 teaspoons Dijon mustard

Pick enough tarragon leaves to measure ½ cup (do not pack). Chop enough chives to measure 1/3 cup. Coarsely chop shallot. In a food processor puree tarragon, chives, and shallot with remaining ingredients until smooth and season with salt and pepper. Sauce may be made 1 day ahead.