

## Cold Poached Salmon with Green Coriander Mayo

Internet address: <https://cooking.nytimes.com/recipes/8079-cold-poached-salmon-with-green-coriander-mayonnaise>

adapted very slightly from NYTimes - by Marian Burros



1 1/4 pounds salmon fillets

1 1/4 cups dry white wine

1 cup fish stock, or vegetable broth

**GREEN CORIANDER MAYONNAISE:**

1/2 ounce baby spinach, 1/2 cup firmly packed

1 ounce parsley, stems removed, about 1 cup

1 large garlic clove, sliced

1 ounce cilantro, about 1 cup

1/4 teaspoon ground coriander

1/2 teaspoon lemon zest

1/2 teaspoon lemon juice

1/2 cup mayonnaise, light type is fine

1/4 cup plain yogurt

Salt to taste (it may not need it)

Cilantro for garnish, chopped

*Per Serving (excluding unknown items): 329 Calories; 13g*

*Fat (42.2% calories from fat); 31g Protein; 8g*

*Carbohydrate; 1g Dietary Fiber; 113mg Cholesterol;*

*375mg Sodium; 5g Total Sugars; trace Vitamin D; 64mg*

*Calcium; 2mg Iron; 861mg Potassium; 475mg*

*Phosphorus. Exchanges: .*

**Carolyn T's Blog: [tastingspoons.com](http://tastingspoons.com)**

### Servings: 4

*Although this recipe is intended to be a cold dish - chilled overnight - it can be served at room temp, cooled that way by letting it sit for half an hour after cooking.*

1. Cut a round of waxed paper (or parchment) the interior size of the pan you'll use. Cut the salmon into serving-sized pieces. Ideally, use a pan that's just the right size to fit the fish. Place the fish in the cold pan. Pour in the wine and stock, adding water if necessary to barely cover the fish. Place the waxed paper on top of the fish. Cover the pan, and bring to a boil. Reduce to a simmer, and cook according to the standard fish rule: measure the fish at its thickest point, and cook 8 minutes to the inch. Do not overcook it because it will continue to cook as it cools in the liquid in the next step.

2. Remove from the heat, uncover, and allow the fish to cool in the liquid. Remove the fish, discard the skin, then cover the fish with plastic wrap, and chill, overnight if desired. If it's chilled, allow fish to warm a bit at room temp before serving with green coriander mayonnaise.

3. MAYO: Bring enough water to a boil to cover the spinach and parsley, and blanch them for 5 seconds. Drain, and run under cold water; squeeze dry in a dark colored dish towel.

4. In a food processor with the motor running, add the garlic through the feed tube, and mince. Add the spinach, parsley and cilantro, and process to chop. Add the ground coriander, lemon zest and juice, mayonnaise and yogurt, and process until the greens are well blended and the mayonnaise is a bright green. Season with salt if needed. Remember, mayo contains a lot of salt. Chill at least a couple of hours or overnight. Use about 2 tablespoons for each serving of salmon.