

Fillet of Salmon with Dill Sauce Sous Vide 140

My own concoction



16 ounces salmon fillets (4)

8 teaspoons unsalted butter

2 teaspoons fresh dill

Salt and freshly ground black pepper to taste

DILL SAUCE:

1/3 cup light sour cream

3 tablespoons low-fat mayonnaise

1 teaspoon fresh dill

2 teaspoons fresh lemon juice

Salt and freshly ground black pepper

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>

Servings: 4

The wild salmon I had was about 3/4 inch thick, so I adjusted the cooking time to 30 minutes. If yours are thicker than that, increase time by 10-15 minutes. If you have hearty eaters, you can certainly increase the size of the salmon fillets and cook them just a bit longer.

1. Pat dry the salmon pieces. Sprinkle lightly with fresh dill, salt and pepper. Place them (individually or two to a pouch) in a vacuum sealing type bag. Add 2 tsp. butter on top of each piece of salmon. Seal bags with a vacuum sealer. Refrigerate until ready to cook. Or, you can freeze the bags at this point and defrost when you're prepared to cook them.
2. Preheat the sous vide water oven to 140°.
3. Place salmon pouches in the sous vide (in a rack or weight them so they stay under water at all times). Cook for 30 minutes.
4. DILL SAUCE: Meanwhile, prepare the sauce. Combine in a small bowl the sour cream, mayo, dill and lemon juice. Add salt and pepper to taste. Refrigerate until serving time.
5. Remove pouches from the sous vide, open them and place on a heated platter or individual plates. Nap the tops of each salmon filet with some of the dill sauce and serve immediately.

Per Serving (excluding unknown items): 237 Calories; 15g Fat (57.6% calories from fat); 23g Protein; 2g Carbohydrate; trace Dietary Fiber; 85mg Cholesterol; 135mg Sodium. Exchanges: 3 Lean Meat; 0 Vegetable; 0 Fruit; 2 Fat; 0 Other Carbohydrates.