

# Poached Salmon with Herb and Caper Vinaigrette

From America's Test Kitchen



- 2 whole lemons
- 2 tablespoons fresh parsley, chopped, stems reserved
- 2 tablespoons fresh tarragon, chopped, stems reserved
- 2 small shallots, minced (about 4 tablespoons)
- 1/2 cup dry white wine
- 1/2 cup water
- 1 3/4 pounds salmon fillets, about 1 1/2 inches at the thickest part, remove the white membrane, and cut fillet crosswise into 4 equal parts
- 2 tablespoons capers, rinsed and roughly chopped
- 1 tablespoon honey
- 2 tablespoons extra-virgin olive oil
- salt and freshly ground pepper

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

## Servings: 4

*My suggestion - serve the salmon in its own small dish (to contain the vinaigrette); or add just a smidge of flour or cornstarch to the reduced-down pan juices, otherwise the vinaigrette will go slithering around the plate. I used smaller salmon fillets (about 4 ounces each) than suggested, which were much thinner, so they took less time to poach.*

1. Cut the bottom and the top off of one lemon, and cut the lemon into 8 to 10 1/4 inch slices. Cut the remaining lemon into wedges and set aside. Arrange the lemon slices in a single layer across the bottom of a 12-inch skillet. Scatter the herb stems and 2 tablespoons of the minced shallots evenly over the lemon slices, and add the water and wine.
2. Place the salmon fillets in the skillet, skinned side down on top of the lemon slices, and set the pan over high heat and bring the liquid to a simmer. Reduce the heat to low, cover, and cook until the sides of the salmon are opaque but the center of the thickest part is still translucent, 11 to 16 minutes. Remove the pan from the heat and carefully remove the salmon and lemon slices to a paper towel lined plate, and cover loosely with aluminum foil.
3. Return the pan to high heat and simmer the cooking liquid until slightly thickened and reduced to 2 tablespoons, about 4 to 5 minutes. Meanwhile, combine the remaining 2 tablespoons minced shallots, chopped herbs, capers, honey and olive oil in a medium bowl. Strain the cooking liquid through a fine mesh strainer into the bowl with the herb mixture. Press the solids to extract all of the liquid. Whisk to combine and season with salt and pepper to taste. Lightly salt and pepper the salmon, and remove the lemon slices from the bottom of the salmon. Place the salmon on a serving platter or individual plates and spoon the vinaigrette over the top. Place the lemon wedges on the platter or plates, and serve.

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Per Serving (excluding unknown items): 337 Calories; 14g Fat (38.7% calories from fat); 40g Protein; 9g Carbohydrate; trace Dietary Fiber; 103mg Cholesterol; 177mg Sodium. Exchanges: 5 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 1 1/2 Fat; 1/2 Other Carbohydrates.