



Celebrating Food, Art & Culture



CHILLED POACHED SALMON WITH CITRUS VINAIGRETTE

Servings: 20

Ingredients

For the salmon

- Twenty 4-ounce salmon fillets
- 6 cups water
- 3 cups white wine
- 6 sprigs tarragon
- 1 tablespoon sea salt
- 2 teaspoons kosher salt

For the vinaigrette

- 3 ounces orange juice
- 3 ounces lemon juice
- 3 ounces lime juice
- 3 ounces grapefruit juice
- 3 ounces shallots, finely chopped
- 1 tablespoon kosher salt
- 6 ounces extra-virgin olive oil
- Arugula

Directions

For the salmon

Spray a 2-inch hotel pan with Pam. Place the salmon fillets in the pan.

Bring the water, wine, tarragon and sea salt to a boil in a separate pot.

Pour the liquid over the pan containing the salmon.

Place in an oven heated to 300 F for 6 minutes.

Cook for 3 minutes, flip and cook for 2 minutes.

Using a thermometer, make sure the salmon has reached 145 F. Remove from the pan and keep refrigerated.

For the vinaigrette

Add all of the ingredients, except the olive oil. Whisk until combined. Slowly whisk in the olive oil. Keep refrigerated.

Drizzle the vinaigrette over a bed of arugula, and then serve with the salmon.

Side dishes

Chickpea Salad
Mesclun Greens