

A Recipe from
Thomas Buckborough & Associates

POACHED WILD SALMON WITH PEAS AND MORELS

Makes 2 Servings

INGREDIENTS

2 6-8-ounce center-cut wild salmon fillets (each about 1 1/2" thick)
1 cup dry white wine
2 tablespoons kosher salt plus more for seasoning
4 tablespoons (1/2 stick) unsalted butter
4 ounces fresh morels; sliced, stemmed shiitake; or other fresh mushrooms
1/2 cup shelled fresh (or frozen, thawed) peas
1/2 cup heavy cream
Freshly ground black pepper
2 tablespoons minced fresh chives or 2 pea tendrils

PREPARATION

Place salmon, skin side down, in a large high-sided skillet. Add wine, 2 tablespoons salt, and cold water to cover salmon by 1/2". Cover pan; bring liquid to a simmer over medium heat. Reduce heat to medium-low, uncover, and gently poach salmon until just cooked through and barely opaque in the center, about 6 minutes, depending on thickness. Transfer salmon and 2 tablespoons poaching liquid to a plate; tent loosely with foil.

Meanwhile, melt butter in a medium skillet over medium heat. Add mushrooms and cook, stirring occasionally, until they begin to soften, about 3 minutes. Add 1/2 cup salmon poaching liquid and peas and simmer until peas begin to soften, 2-3 minutes. Add cream and bring sauce to a simmer. Cook until slightly thickened, about 5 minutes. Season with salt and pepper.

Using a spatula, transfer salmon, skin side up, to paper towels. Gently peel off and discard skin. Invert onto serving plates and spoon sauce over. Garnish with chives.

