POACHED SALMON

Vince Blancato
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SERVINGS PER RECIPE: 4
SERVING SIZE: 6 oz

Ingredients:
1 ½ pounds salmon filet, skin on, cut into 4 pieces
1 tablespoon olive oil
2 tablespoons shallots, chopped
1 ½ cups low-fat milk
1 tablespoon lemon juice
1 ½ teaspoons cornstarch
2 tablespoons fresh dill, chopped
2 tablespoons Dijon mustard
¼ teaspoon salt
¾ teaspoon pepper

Directions:
1. Heat olive oil in a 12 inch sauté pan.
2. Add shallots and sauté until soft, about 1 minute.
3. Add milk, salt and pepper. Bring to low boil, and then reduce heat to medium/low heat.
4. Add the 4 salmon filets skin side up, after 30 seconds, turn over the filets.
5. Cover and poach gently, occasionally spooning the cooking liquid over the top of the salmon. Poach until the salmon is opaque, about 10-12 minutes.
6. With a slotted spatula, transfer salmon to a warm serving platter, cover and keep warm.
7. In a small bowl, mix lemon juice with the cornstarch, and then slowly add it to the poaching liquid, stirring constantly until it slightly thickens about 1-2 minutes.
8. Stir in mustard, sour cream and dill.
9. Garnish with lemon wedges and dills sprigs.
10. Serve with the mustard dill sauce.

Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size (263g)</th>
<th>Calories 330</th>
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</thead>
<tbody>
<tr>
<td>Servings Per Container</td>
<td>Fat Cal. 140</td>
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<table>
<thead>
<tr>
<th>Amount/serving</th>
<th>%DV*</th>
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<tbody>
<tr>
<td>Total Fat</td>
<td>15g  23%</td>
</tr>
<tr>
<td>Sat. Fat</td>
<td>2.5g 13%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g   0%</td>
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<tr>
<td>Cholest.</td>
<td>100mg 33%</td>
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<tr>
<td>Sodium</td>
<td>440mg 18%</td>
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*Percent Daily Values (%DV) are based on a 2,000 calorie diet.

Special thanks to Vince Blancato for collecting these recipes and Clemson University for providing the nutritional facts.