



Poached Salmon

Ingredients -

3 cups chicken or vegetable stock
(depending on your pan and the size of your filet,
poaching liquid should be about half way up the fish
when placed in the pan)

Bouquet garni (French for “garnished bouquet” and
is sprigs of whole herbs tied into a bundle –
may include Rosemary, Thyme, Parsley, Bay Leaf, or Oregano)

2 6-8 ounce skinless salmon filets

Salt and pepper to taste



Salmon Instructions -

Add stock and bouquet garni to pan and bring to simmer.

Cook for 10-15 minutes to extract flavors from herbs. Remove bouquet garni

Place salmon in pan and baste with poaching liquid or place lid on pan

Cook 5 to 6 minutes to desired doneness

Salt and pepper to taste

Wine Pairing Suggestion -

Serve with a light, fruity wine such as Lawrence Dunham Vineyards' Sky Island Grenache. This Grenache was aged in neutral barrels so it does not have oak flavors that will overpower the salmon's delicate flavors using this cooking method. Unoaked wines like this Grenache pairs extremely well with poached salmon. So if you don't have our Grenache, choose another wine that is not heavily oaked.

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full
circle*