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fruit

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## Wine Poached Salmon

### Ingredients -

3 cups of Viognier  
Bouquet garni  
(sprigs of fresh rosemary, thyme, parsley, bay leaf, oregano)  
2, 6 to 8-ounce skinless salmon filets  
Salt and fresh ground pepper to taste



### Instructions -

Add Viognier (or other dry wine) and bouquet garni to sauté pan and bring to a simmer.

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

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

Cook 5 to 6 minutes until desired doneness.

Remove from pan. Salt and pepper to taste.

If there is some poaching liquid still in the pan or add another cup, then continue to cook until reduced. Add a couple tablespoons butter and melt to finish the sauce. Drizzle over the salmon.

### Wine Pairing Suggestion –

LDV Winery 2013 Viognier particularly if you are poaching with the Viognier. Always poach with a wine you would also drink. Don't skimp on the quality of the wine for cooking.

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