

Chris's delicious poached salmon

This recipe is for 2 people. Or 4 people who had a big lunch, and didn't go for a walk afterwards.



Ingredients

A pound and a quarter or so of fresh Atlantic salmon
3 or 4 cloves of fresh garlic
Half a sweet onion or a couple of shallots
Butter
White wine
Water
Fresh thyme
Caper berries and/or capers
Salt & pepper

Method

Ask Alexa to play that song you like by the guy whose name you can't think of

Pour a glass of wine

Admire the salmon

Drink from your wine glass

Remove the skin from the salmon if you forgot to ask the fish guy to do it

Get out your Le Creuset cast iron Dutch Oven, which you felt guilty buying but you now realize was one of the best investments you've ever made

Put it on the stove top

Peel and coarsely chop the garlic

Peel, quarter, and thinly slice the onion, but not too thin

Add a nice size tablespoon of butter to the Dutch Oven.

Hmmm. Ok Add a bit more butter.

Turn on burner to mediumish

As the butter melts so gracefully, add onion and garlic

Stir

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It already smells so good

Make sure it's not too hot, maybe turn down the burner a bit

As the onion and garlic begin to soften, add fresh thyme

Drink from your wine glass

Add a few healthy splashes of wine to the butter and garlic and onion and thyme

A couple more splashes

Now savor that fragrance!

Add an inch or so of water or vegetable broth

Stir

Turn down the heat, cover, and let simmer

Realize you should have already made your salad

Check the amazing-smelling poaching broth to be sure it's not boiling, just a gently rising steam is what you want

Consider tearing off a few chunks of that bread you told yourself you weren't going to eat

Drink from your glass of wine

Set the table in silence

Tell everyone dinner is ready

Stir the amazing steaming broth

Add a few pinches of salt and a few turns of the pepper mill

Carefully add the salmon

Spoon a few spoonfulls of broth on the top

Be sure to get plenty of onion and garlic and thyme and capers on top too

Cover and let simmer for 15 minutes or so, maybe 20 minutes if the salmon is thick

Plate, serve, savor, plan to make it again next week

Save some for breakfast