

Succulent Olive Oil Poached Salmon with Kalamata Caper Relish and Charred Lemon

Poaching salmon in a warm bath of olive oil creates a moist, silky, tender texture – pure luxury!
Charred lemons add visual appeal and heightened flavors

SERVES: 6
PREP TIME: 20 minutes
REST TIME: 45 minutes
COOK TIME: 20 minutes
TOTAL TIME: 1 hour 25 minutes

INGREDIENTS

- 4 cups cool water
- 4 Tbsp. kosher salt
- 6 wild-caught salmon fillets with skin, center cut, ¾"-1" thick, 6 oz. each (wild-caught is better nutritionally than farm-raised)
- 4 lemons, Eureka or Meyer
- 2 tsp. GC Napa Valley Natural Citrus Tellicherry Pepper (Foodie Exclusive)
- 1 Tbsp. GC Napa Valley Fish Rub Proprietary Blend
- 3 cups or more as needed Extra Virgin Olive Oil, all purpose
- 1 oz. microgreens

TO PREPARE

- Brine Salmon: Add water and kosher salt to a measuring cup. Mix until salt is dissolved. Lay salmon fillets in a 1-gallon resealable storage bag. Pour brine into bag, seal, brine for 10-15 minutes at room temperature.
- Meanwhile, prepare charred lemons. Halve lemons crosswise. Heat a non-stick pan or grill pan. When hot, place lemon halves cut side down. Cook until they begin to char, about 4 minutes. Remove from heat and allow lemons to cool.
- Remove salmon from brine, lightly rinse under cool water, pat dry. Season salmon with Citrus Tellicherry Pepper and Fish Rub. Allow salmon to come to room temperature, 45 minutes.
- Select a straight-sided pan just wide enough to hold all the fish in a single layer without touching. Pour ½" all-purpose olive oil into the pan. Arrange salmon in the pan. Add additional oil to cover fish by ¼". Heat pan over medium to medium-low heat until oil reaches 130°. Maintain this oil temperature (use a food grade thermometer), adjusting heat as needed. Poach salmon for 20-25 minutes, until internal temperature is 125-130°. Remove salmon to a plate lined with paper towels.

Note: The white substance on the poached salmon is a coagulated protein from the salmon. The brief brining step helps breakdown muscle fibers close to the surface of the salmon. This minimizes those fibers contracting during cooking which expel the whitish protein that congeals on the salmon's surface during cooking.

Note: Poaching oil can be strained and used again to poach seafood, such as halibut, tuna, shrimp, scallops, and lobster or breakfast eggs. Store oil in refrigerator for 2-3 weeks or freeze for 3 months.

TO SERVE

Create a bed of Braised Napa Cabbage and Leeks on a plate. Place salmon fillet on top, garnish with 2 tsp. Kalamata Caper Relish, sprinkling of microgreens and side accent of charred lemon half. Before serving, squeeze charred lemon over salmon. Salmon can be served warm or at room temperature. Lemon Olive Oil-Green Onion Couscous is a tasty additional side dish.

WINE PAIRING

2017 Pietro Family Cellars Chardonnay, Oak Knoll District of Napa Valley

SHOPPING LIST

- 6 wild-caught salmon fillets with skin, center cut, ¾"-1" thick, 6 oz. each
- 4 lemons, Eureka or Meyer
- 1 oz. microgreens

FROM YOUR PANTRY

- 1 box kosher salt
- 1 one-gallon re-sealable storage bag
- 1 bottle 32 oz. Extra Virgin Olive Oil, all purpose (Trader Joe's brand recommended)

PREVIOUS SHIPMENTS

GC Napa Valley Fish Rub Proprietary Blend

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See Recipe: Braised Napa Cabbage and Leeks with Grapefruit Pink Peppercorn *

See Recipe: Kalamata Caper Relish **

See Recipe: (optional additional side dish): Lemon Olive Oil-Green Onion Couscous ***

