Poached Salmon with Dill Sauce

Recipe via Serious Eats, Daniel Gritzer

This delicate poached salmon with a bright yogurt-dill sauce makes for an easy, light dinner that can be served chilled, room temperature, or warm. The secret to the tender and juicy fish is to use a cold-start poaching method, in which the fish is added to cold poaching water and then gently heated until cooked.

Why It Works

Starting the fish in cold water and then slowly heating it prevents the exterior from seizing up and becoming tough, as it does when it's added to simmering water. Maintaining a water temperature of about 170°F avoids the higher temperatures that can dry out and overcook the fish.

INGREDIENTS

Juice of 1 lemon (about 2 tablespoons; 30ml)
1 medium leek or onion (about 6 ounces; 170g), halved
1 large stalk celery (about 2 ounces; 55g), cut into large pieces
1/2 fennel bulb, sliced (about 4 ounces; 115g) (optional)
A few fresh sprigs thyme and/or dill
1 bay leaf
Kosher salt
4 (8-ounce; 225g) pieces center-cut boneless, skinless salmon fillet

For the Yogurt Sauce:
1 cup (235ml) full-fat yogurt
1 tablespoon minced shallot from 1 small (1-ounce; 30g) shallot
1 tablespoon (about 10g) minced fresh dill
2 tablespoons (30ml) fresh juice from 1 lemon
2 tablespoons (30ml) extra-virgin olive oil
Large pinch ground coriander seed
Kosher salt and freshly ground black pepper
DIRECTIONS

1. In a large saucepan, combine 1 quart (1L) cold water with lemon juice, leek or onion,

2. Add salmon to poaching liquid. Water should cover, but if not, add enough to just

3. Meanwhile, for the Yogurt Sauce: In a medium bowl, stir together yogurt, shallot, dill,

4. Serve salmon while warm, spooning yogurt sauce on top, or let it cool to room

Ready In
35 minutes

NUTRITION

Serving size: 4