

Cold Poached Salmon with Lemon-Caper Sauce

one 2-lb. center-cut salmon fillet
2 qt. cold water
1/2 c. dry white wine
1/2 onion
1 rib of celery
4 sprigs of parsley
1 t. whole peppercorns

Place all ingredients except for the salmon in a shallow pot or fish poacher. Bring to a boil and then let simmer for 30 minutes. On extremely low heat, add the salmon fillet and cover. Poach for 15 minutes or until desired doneness.

Lemon-Caper Sauce:

zest of 1 lemon, finely chopped
3 T. extra virgin olive oil
1 clove garlic, put through a press
2 T. capers, finely chopped
1/2 c. finely chopped flat-leaf parsley
sugar to taste
lemon juice to taste
sea salt and fresh ground pepper to taste

Combine all ingredients in a small bowl. Add sugar and lemon juice to taste. Season with salt and pepper.