

# A Sutherland Belle

## Poached Salmon with a Creamy Dill Sauce & Marinated White Balsamic Vinegar Cucumber Salad

### INGREDIENTS

#### *For the Salmon*

- 4 skin-on salmon fillets, 6 ounces each
- 1 ½ - 2 cups fish stock (any stock or water will work)
- 1 lemon, sliced
- 1 shallot, sliced
- 1 medium fennel bulb, sliced
- 8 stems fresh dill (other fine herb like parsley, cilantro or mint)
- Salt and fresh ground black pepper

#### *For the Sauce*

- ¼ heaping cup plain whole milk yogurt
- ¼ heaping cup mayonnaise
- Zest of a lemon plus 1 tablespoon fresh lemon juice
- 3 garlic cloves, grated or finely minced
- ½ teaspoon onion powder
- 1½ tablespoons chopped fresh dill
- salt and fresh cracked pepper

#### *For the Salad*

- 1 pound English cucumbers mandolined into thin rounds
- 1 small red onion, peeled and thinly sliced
- 2 teaspoons kosher salt
- 2 teaspoons sugar
- 2 teaspoons red wine vinegar
- 2 teaspoons white balsamic vinegar (also known as white wine condiment)
- 2 teaspoons cider vinegar
- ½ cup water
- 1 teaspoon fresh cracked pepper
- ¼ cup fresh dill leaves, chopped

### INSTRUCTIONS

#### *For the Salmon*

1. Make a bed of lemon slices, shallot, and fennel in the bottom of a wide skillet with a lid.

2. Lightly season the salmon fillets with salt and pepper, then place them, skin side down, on the lemon slices, shallot, and fennel.
3. Scatter fresh dill around the pan and on top of the salmon.
4. Pour in the fish stock. The liquid does not need to cover the salmon. Since we are cooking it with the lid on, the salmon will poach, even if the liquid does not cover them.
5. Place the skillet over medium-high heat and bring to a simmer. When the liquid is aggressively simmering, turn the heat to low and cover the skillet with its lid.
6. Cook until an internal temperature thermometer reads between 125°F to 130°F or when you pierce the thickest part of the salmon with a fork, 5 to 12 minutes, depending on how thick the salmon fillets are. *While you can eat the vegetables, I find that the lemon turns them too bitter.*

#### *For the Sauce*

In a small bowl, stir together the yogurt, mayonnaise, lemon juice, garlic, onion powder, and dill. Add salt and pepper to taste. Chill until ready to use.

#### *For the Salad*

1. Combine the sliced cucumbers in a colander set inside a medium-sized bowl and sprinkle with salt and sugar. Place in the refrigerator for about 1 hour.
2. Drain the cucumbers. Add the onion, vinegars, water, pepper, and dill.
3. Serve or refrigerate. The cucumbers will become more pickled as they sit.