

Poached Sockeye Salmon with Herb-Infused Broth (serves 4)

Ingredients

- 4 sockeye salmon fillets (about 4-6 ounces each)
- Salt and pepper to taste
- 1 cups vegetable or chicken broth
- 1 lemon, thinly sliced
- 1 sprig fresh dill or rosemary (optional)
- 1 sprig fresh parsley
- 1 shallot, thinly sliced
- 2 cloves garlic, smashed

Method

- Season the salmon fillets with salt and pepper.
- In a large skillet or shallow pan, combine the vegetable or chicken broth, lemon slices, fresh dill, fresh parsley, bay leaves, shallot slices, and smashed garlic cloves.
- Bring the broth mixture to a gentle simmer over medium heat.
- Carefully add the seasoned salmon fillets to the simmering broth, ensuring they are fully submerged.
- Poach the salmon fillets in the simmering broth for about 8-10 minutes, or until the salmon is cooked through and flakes easily with a fork.
- Once the salmon is cooked, carefully remove the fillets from the poaching liquid using a slotted spoon or fish spatula and transfer them to serving plates.
- Serve the poached sockeye salmon hot.
- Garnish with additional fresh herbs or fresh lemon juice if desired.

