
Poached Salmon with Braised Kale & Balsamic Vinaigrette

Sendik's Fine Foods

Internet Address: Access our online cookbook at www.sendiksfinefoods.com

Servings: 4

Preparation Time: 15 minutes

Start to Finish Time: 30 minutes

2 pounds salmon fillet
1 cup Sterling Sauvignon Blanc
1 bay leaf
5 parsley stems
1/2 lemon, juice from
1/2 cup Antica Italia balsamic vinegar
2 tablespoons Maille dijon mustard
1 teaspoon shallots, minced
1 clove garlic, minced
1/4 teaspoon thyme
1 pinch cayenne pepper
salt, to taste
black pepper, to taste
1 1/2 cups Lucini extra virgin olive oil
1 head kale, stems removed

Prepare the salmon fillet for poaching by removing the skin and cutting into four equal pieces. Place two cups of water, white wine, bay leaf, parsley and lemon juice in a pot with enough surface area to hold the fillets without overlapping them. Bring the liquid to a simmer and add the salmon fillets. If salmon is not totally covered by the liquid, add more water to cover the fillets. Poach salmon for five minutes on heat. Remove from heat and allow salmon to continue to poach for an additional ten minutes before removing from the pan. The salmon will be done perfectly.

While keeping a watchful eye on the salmon, prepare the vinaigrette by placing the balsamic vinegar, mustard, shallots, garlic, thyme, cayenne pepper, salt and black pepper in a food processor. Turn the food processor to high and slowly add the olive oil in a steady stream.

Heat a pan with one tablespoon of olive oil, and add the washed kale. Braise for 30 seconds or so. The kale should be wilted but not browned.

On four plates, layer a bed of braised kale and top with salmon. Drizzle the balsamic vinaigrette over the salmon and kale.

Serving Ideas: Serve as is or with rice pilaf.

Suggested Wine: Sterling Sauvignon Blanc

Seafood Entrees