

Poached Salmon with Avocado Cream & Summer Veggie Salad

Adapted from *Bon Appetit*

Serves 4:

Ingredients

Poached Salmon:

1 1/2 pound salmon fillets (6 ounces each), preferably wild
1 tablespoon chopped fresh tarragon
kosher salt and freshly ground black pepper
1 cup water
1/2 cup dry white wine
1 small shallot, thinly sliced
2 to 3 tarragon sprigs
2 to 3 lemon slices

Avocado Cream:

2 ripe avocados, halved
1 cup nonfat Greek yogurt
1 to 2 tablespoons fresh lime juice
1/2 teaspoon ground cumin
kosher salt and freshly ground black pepper

Summer Veggie Salad:

1 pound sugar snap peas
2 ears of corn
1 large bunch arugula
1 pint ripe cherry or grape tomatoes
1 large shallot
1 tablespoon chopped chives, plus more for garnish
1 tablespoon chopped fresh tarragon
extra virgin olive oil
1 to 2 tablespoons fresh lime juice
kosher salt and freshly ground black pepper

Preparation

Begin by seasoning the salmon fillets with kosher salt and freshly ground black pepper. Top with freshly chopped tarragon leaves and let sit at room temperature for about 15 minutes. In a 4 quart saute pan, heat 1 cup water and 1/2 cup dry white wine over medium low heat. Add thinly sliced shallot, sprigs of fresh tarragon, and thin slices of lemon. Bring to a boil.

Reduce heat to bring liquid down to a simmer, then add the salmon fillets.
Cover the pan to poach the fish, making sure the liquid remains at a simmer.
Cook for 4 to 5 minutes, depending on the thickness of the salmon, until almost completely opaque.
Remove fish from cooking liquid.

In a food processor, puree ripe avocados with Greek yogurt, lime juice and ground cumin.
Season to taste with kosher salt and freshly ground black pepper, adding more lime juice, if needed.

String the peas: just grip the stem at the top end and pull the string that runs from end to end to remove.
In a saucepan of boiling salted water, blanch the peas until just cooked through, about 2 to 3 minutes.
Use a spider to remove the peas from the pan and shock them in an ice water bath to stop the cooking.

Return saucepan of water to the heat, add corn and cook over medium heat until water returns to boil.
Once boiling, cover the pan, turn off the heat, and let sit for 6 minutes.
When done, remove the cobs from the water and let them cool.

Chop the drained sugar snap peas in half on the diagonal and set aside.
To remove corn kernels, stand each cob on its end and slice the kernels off with the blade of a knife.
Set aside.

Carefully rinse a fresh bunch of arugula to remove all grit and sand.
Spin dry and tear into bite sized pieces.
Wash the cherry or grape tomatoes and slice them in half; finely chop a large shallot.
In a large salad bowl, compose the salad.
Toss in the sugar snap peas, corn kernels, torn arugula leaves, cherry tomatoes and shallot.
Add fresh chives and tarragon leaves.
Dress salad with olive oil and lime juice, season to taste with kosher salt and ground black pepper.

To serve, spoon about 1/2 cup of avocado cream onto each plate or shallow bowl.
Lay a salmon fillet on top of the cream, then place salad over fish.
Finish with more fresh chives and a drizzle of extra virgin olive oil.