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# Poached Salmon over Greens with Caper Vinaigrette

Poached Salmon over Greens with Caper Vinaigrette

**Prep Time:** 25 minutes

**Cook Time:**

This salad of poached salmon, rye toast, and rye toast makes a quick, w

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## Ingredients:

1/4 cup (2 fl. oz./60 ml) Champagne vinegar  
2 Tbs. fresh lemon juice  
2 tsp. Dijon mustard  
3/4 cup (6 fl. oz./180 ml) olive oil  
1/4 cup (2 oz./60 g) capers, drained  
2 Tbs. chopped fresh flat-leaf parsley, plus 6 sprigs  
1 Tbs. chopped fresh dill, plus 6 sprigs  
Kosher salt and freshly ground pepper, to taste  
1/2 yellow onion, thinly sliced  
1/2 cup (4 fl. oz./125 ml) crisp, dry white wine, such as Sauvignon Blanc  
5 cups (40 fl. oz./1.25 l) water  
4 center-cut salmon fillets, each 6 oz. (185 g)  
8 oz. (250 g) mixed baby greens, such as chard, kale, tatsoi, arugula and spinach  
1/2 red onion, very thinly sliced  
1 English cucumber, very thinly sliced on the bias  
Rye toast for serving

## Directions:

In a small bowl, whisk together the v  
whisk in the olive oil. Stir in the cape  
and season with salt and pepper. Se

Put the yellow onion, parsley sprigs,  
(5-l) poaching pan. Place the poachi  
reach about 1/4 inch (6 mm) above t  
bring to a boil, then reduce the heat  
you should see only occasional bubl

Lightly season 2 salmon fillets with s  
poaching insert. Cover the pan and |  
outside and the center is just cooked  
transfer the fillets to a paper towel-lit  
salmon.

In a large bowl, toss together the ba  
vinaigrette, to taste. Divide among 4  
Drizzle the salmon with a little vinaig  
toast. Serves 4.

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