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Poached Salmon Caper Vinaigrette

Poached Salmon over Greens with Caper Vinaigrette

Prep Time: 25 minutes

Cook Time: 10 minutes

This salad of poached salmon, arugula, cucumber, and rye toast makes a quick, weeknight dinner.

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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 vinegar, lemon juice, mustard and olive oil. Stir in the capers and season with salt and pepper. Set aside.

Put the yellow onion, parsley sprigs, dill sprigs and water in a (5-l) poaching pan. Place the pan over medium heat and bring to a boil, then reduce the heat to a simmer. Cook until you should see only occasional bubbles.

Lightly season 2 salmon fillets with salt and pepper. Place the poaching insert in the pan. Cover the pan and poach the salmon until the outside and the center is just cooked through, about 10 minutes. Transfer the fillets to a paper towel-lined plate to drain.

In a large bowl, toss together the baby greens, cucumber, onion and vinaigrette, to taste. Divide among 4 plates. Drizzle the salmon with a little vinaigrette and serve with rye toast. Serves 4.

Williams-Sonoma Kitchen

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