



butter-poached salmon

NIBBLEDISH CONTRIBUTOR

Ingredients

for the butter poached salmon

- 1 piece salmon, preferably tail end
- 4 tbsp peanut/olive oil
- 2 tbsp butter
- 1 tsp minced garlic
- 2 whole stalk spring onion (aka scallion)
- salt & pepper
- orange/lemon wedges
- chopped chili

for the warm potato salad

- 1 whole potato, peeled and roughly chopped (bite size)
- handful of cilantro, roughly chopped
- salt & pepper

Instructions

one satisfying meal... yumyum...

1. prepare all the ingredients before anything goes to the stove top. peel and chop the potatoes, dunk it into a pot of warm water, add salt, cover and let sit. mince the garlic, chop the chili and cilantro and set aside. finely chop the spring onion but keep the bulb end separate from the green end.
2. heat the oil in a small frying pan (just enough to fit the salmon). season the salmon industriously with salt and pepper. once the oil is hot enough (that it

would sizzle when the salmon goes in, test by putting a wooden chopstick in and when small bubbles rush to the surface, it's ready), slide the salmon into the pan, skin side down. let it sizzle for 10 seconds and turn the heat down to medium low. add in the butter and swirl it around to get it mixed with the oil. add the bulb end of the chopped spring onion and the minced garlic on top of the salmon. now keep basting the salmon with the oil and butter. keep this up for 10-12 minutes, depending on the thickness of your cut of salmon.

3. start cooking the potato the same time as when you start cooking the salmon. place the pot of potato over high heat and bring it to a boil. lower the heat to medium and let simmer for 10 minutes.
4. when the salmon is cooked, plate it and spoon 1 tbsp of the oil over it. garnish with some spring onion (the green part) and the chopped chili. serve with orange wedges.
5. drain the cooked potato and mix it in a bowl with the chopped cilantro, leftover spring onion, leftover butter+oil-from-the-salmon, and salt and pepper to taste. serve.

voila... salmon with a crispy skin and a nicely poached texture. squeeze the orange wedges over it and that adds a nice sweet tinge to the fish.