

Poached Salmon with Cucumber Dill Mayonnaise

*Ferrington House - Pittsboro, NC
The Great Country Inns of America Cookbook (2nd ed) (1992)*

Servings: 6

Yield: 1 3/4 cups

*1 four-pound fresh salmon fillet,
boned and skinned
4 bay leaves
1 lemon, sliced
6 to 7 sprigs fresh thyme
4 stalks celery, chopped
1 onion, sliced
1/4 teaspoon vegetable oil
1 teaspoon salt
1 teaspoon whole black peppercorns
CUCUMBER DILL
MAYONNAISE
1/2 cup cucumber, peeled, seeded and
finely chopped
salt (to taste)
1 cup mayonnaise (preferably
homemade)
1/2 cup sour cream
3 tablespoons lemon juice
dash Tabasco sauce
4 tablespoons fresh dill, chopped*

Copyright: James Stroman

Make the Cucumber Dill Mayonnaise: Salt the cucumber and let it drain in a colander for about 30 minutes. Pat dry with absorbent towels. In a bowl, blend the cucumber, salt, mayonnaise, sour cream, lemon juice, Tabasco sauce and dill. Chill for several hours before serving.

Cut the salmon into six individual portions. Fill a large roasting pan with three to four quarts of water, making sure that the pan is large enough to hold the salmon.

Add the bay leaves, lemon, thyme, celery, onion, salt and peppercorns. Bring to a boil. Poach the salmon for about 15 minutes over moderate heat sufficient to keep the stock at a simmer.

Cool the salmon in the cooking liquid. Drain on absorbent towels. Refrigerate.

To serve, garnish each portion with a tablespoon of Cucumber Dill Mayonnaise. Pass extra sauce in a separate container.

A good rule of thumb to use in poaching the salmon is to cook the fish for 5 minutes per inch of thickness. For example, a three-inch-thick salmon would need to be poached for 15 minutes.

Per Serving (excluding unknown items): 96 Calories; 5g Fat (47.5% calories from fat); 7g Protein; 6g Carbohydrate; 1g Dietary Fiber; 23mg Cholesterol; 410mg Sodium. Exchanges: 0 Grain(Starch); 1 Lean Meat; 1/2 Vegetable; 0 Fruit; 0 Non-Fat Milk; 1 Fat.

Sauces and Condiments

Per Serving Nutritional Analysis

Calories (kcal):	96
% Calories from Fat:	47.5%
% Calories from Carbohydrates:	24.6%
% Calories from Protein:	27.9%
Total Fat (g):	5g
Saturated Fat (g):	3g
Monounsaturated Fat (g):	2g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	23mg
Carbohydrate (g):	6g
Dietary Fiber (g):	1g
Protein (g):	7g
Sodium (mg):	410mg
Potassium (mg):	281mg
Calcium (mg):	56mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	14mg
Vitamin A (i.u.):	316IU
Vitamin A (r.e.):	68 1/2RE

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	.9mcg
Thiamin B1 (mg):	.1mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	19mcg
Niacin (mg):	2mg
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Deficient:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	1
Vegetable:	1/2
Fruit:	0
Non-Fat Milk:	0
Fat:	1
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories	96	Calories from Fat: 45
-----------------	----	-----------------------

% Daily Values*

Total Fat	5g	8%
Saturated Fat	3g	14%
Cholesterol	23mg	8%
Sodium	410mg	17%
Total Carbohydrates	6g	2%
Dietary Fiber	1g	5%
Protein	7g	

Vitamin A	6%
Vitamin C	24%
Calcium	6%
Iron	5%

* Percent Daily Values are based on a 2000 calorie diet.