

Poached Salmon with Béarnaise Sauce

From Barefoot in Paris, allrecipes.com

Submitted by Donna Dicker

Ingredients:

Sauce

- 1/4 cup champagne vinegar
- 1/4 cup good white wine
- 2 tablespoons minced shallots
- 3 tablespoons chopped fresh tarragon (I used 1 tablespoon of dry tarragon leaves)
- Kosher salt
- Freshly ground black pepper
- 3 extra large egg yolks
- 1/2 pound (2 sticks) unsalted butter, melted

Salmon

- 2 tablespoons butter, softened
- 1 1/2 teaspoons dried parsley
- 1/2 cup water
- salt and pepper to taste
- 1 1/2 teaspoons chopped garlic
- 1/2 cup dry white wine
- 2 pounds salmon fillets, cut into 4 pieces

Directions:

For Sauce

1. Put the champagne vinegar, white wine, shallots, 1 tablespoon of the tarragon, 1/4 teaspoon salt and 1/4 teaspoon pepper in a small saucepan. Bring to a boil and simmer over medium heat for about 5 minutes, until the mixture is reduced to a few tablespoons. Cool slightly.
2. Place the cooled mixture with the egg yolks and 1 teaspoon salt in the jar of a blender and blend for 30 second. With the blender on, slowly pour the hot butter through the opening in the lid. Add the remaining 2 tablespoons of tarragon leaves and blend only for a second. If the sauce is too thick... Keep at room temperature while cooking the salmon.



3. If you do not have a blender, replace step 2 with the following: Place the cooled mixture with the egg yolks and 1 teaspoon salt and whisk. Add the remaining tarragon and melted butter, continue whisking. If the sauce is too thick, add a tablespoon of white wine to thin.

For Salmon

1. Heat wine and water over medium high heat in a large non-stick skillet for 5 minutes.
2. Slide salmon pieces into poaching liquid and dot with butter. Sprinkle with dried parsley, garlic, salt and pepper.
3. Bring to a slow boil, reduce heat to medium and poach until salmon flesh is firm, about 10-15 minutes. (I covered the salmon so that the thicker parts would also get done.)