

A Recipe from  
Thomas Buckborough & Associates

## POACHED WILD SALMON WITH PEAS AND MORELS

Makes 2 Servings

### INGREDIENTS

2 6-8-ounce center-cut wild salmon fillets (each about 1 1/2" thick)  
1 cup dry white wine  
2 tablespoons kosher salt plus more for seasoning  
4 tablespoons (1/2 stick) unsalted butter  
4 ounces fresh morels; sliced, stemmed shiitake; or other fresh mushrooms  
1/2 cup shelled fresh (or frozen, thawed) peas  
1/2 cup heavy cream  
Freshly ground black pepper  
2 tablespoons minced fresh chives or 2 pea tendrils

### PREPARATION

Place salmon, skin side down, in a large high-sided skillet. Add wine, 2 tablespoons salt, and cold water to cover salmon by 1/2". Cover pan; bring liquid to a simmer over medium heat. Reduce heat to medium-low, uncover, and gently poach salmon until just cooked through and barely opaque in the center, about 6 minutes, depending on thickness. Transfer salmon and 2 tablespoons poaching liquid to a plate; tent loosely with foil.

Meanwhile, melt butter in a medium skillet over medium heat. Add mushrooms and cook, stirring occasionally, until they begin to soften, about 3 minutes. Add 1/2 cup salmon poaching liquid and peas and simmer until peas begin to soften, 2-3 minutes. Add cream and bring sauce to a simmer. Cook until slightly thickened, about 5 minutes. Season with salt and pepper.

Using a spatula, transfer salmon, skin side up, to paper towels. Gently peel off and discard skin. Invert onto serving plates and spoon sauce over. Garnish with chives.

