



Poached King Salmon with Cucumber Beurre Blanc



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



10

CALORIES



1014 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 bay leaves
- ☐ 0.5 cup celery coarsely chopped
- ☐ 10 servings cucumber beurre blanc
- ☐ 10 servings cucumber peeled chopped
- ☐ 1.8 cups cooking wine dry white
- ☐ 0.5 head fennel bulb sliced
- ☐ 1 small onion sliced

- ☐ 1 bunch parsley stems
- ☐ 15 pound king salmon whole
- ☐ 1 teaspoon salt
- ☐ 5 cups water
- ☐ 1 tablespoon peppercorns white

Equipment

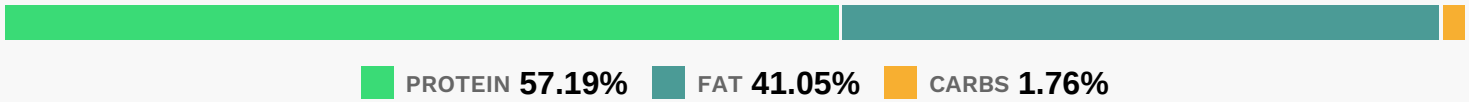
- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ sieve
- ☐ roasting pan
- ☐ spatula

Directions

- ☐ Cut head and tail from salmon; set aside.
- ☐ Cut salmon in half lengthwise; remove pin bones with tweezers or needle-nose pliers. Slice crosswise into 2-inch pieces; cover and set aside.
- ☐ Place head and tail in a 4-quart saucepan. Cover with 5 cups water; add wine and next 6 ingredients. Bring mixture to a boil. Reduce heat, and simmer 30 minutes.
- ☐ Pour mixture through wire-mesh strainer into a bowl, discarding solids. Return liquid to pan. Stir salt into liquid.
- ☐ Pour liquid into a fish poacher*; bring to a boil. Reduce heat, and simmer gently. Arrange fish on poacher insert, and place in liquid. Simmer 10 minutes; remove from heat, and let stand 5 minutes.
- ☐ Remove salmon, and place on serving plates. Top with Cucumber Beurre Blanc and chopped cucumber.
- ☐ Serve with steamed fresh vegetables.
- ☐ *If you don't have a fish poacher, use a roasting pan large enough to hold the salmon in a single layer.

☐ Place salmon in gently simmering water with a metal spatula.

Nutrition Facts



Properties

Glycemic Index:18.1, Glycemic Load:0.61, Inflammation Score:-9, Nutrition Score:56.825652363508%

Flavonoids

Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 12.43mg, Apigenin: 12.43mg, Apigenin: 12.43mg, Apigenin: 12.43mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg, Isorhamnetin: 0.35mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.85mg, Myricetin: 0.85mg, Myricetin: 0.85mg, Myricetin: 0.85mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

Nutrients (% of daily need)

Calories: 1014.46kcal (50.72%), Fat: 43.26g (66.55%), Saturated Fat: 6.71g (41.92%), Carbohydrates: 4.18g (1.39%), Net Carbohydrates: 3.03g (1.1%), Sugar: 1.3g (1.45%), Cholesterol: 374.21mg (124.74%), Sodium: 553.65mg (24.07%), Alcohol: 4.33g (100%), Alcohol %: 0.63% (100%), Protein: 135.61g (271.22%), Vitamin B12: 21.64µg (360.61%), Selenium: 248.58µg (355.11%), Vitamin B6: 5.61mg (280.61%), Vitamin B3: 53.7mg (268.51%), Vitamin B2: 2.61mg (153.43%), Phosphorus: 1383.78mg (138.38%), Vitamin B5: 11.42mg (114.16%), Vitamin B1: 1.55mg (103.41%), Potassium: 3471.04mg (99.17%), Vitamin K: 102.65µg (97.76%), Copper: 1.76mg (87.87%), Magnesium: 210.39mg (52.6%), Folate: 185.95µg (46.49%), Iron: 6.25mg (34.7%), Zinc: 4.54mg (30.27%), Vitamin A: 793.49IU (15.87%), Manganese: 0.27mg (13.55%), Vitamin C: 10.04mg (12.17%), Calcium: 110.71mg (11.07%), Fiber: 1.16g (4.63%)