



Poached Sockeye Salmon with Mustard Herb Sauce

 Gluten Free

READY IN



50 min.

SERVINGS



10

CALORIES



580 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 peppercorns whole black
- ☐ 2 tablespoons dijon mustard
- ☐ 0.3 cup optional: dill fresh finely chopped
- ☐ 1 tablespoon tarragon fresh finely chopped
- ☐ 0.5 teaspoon lemon zest fresh finely grated
- ☐ 1 cup mayonnaise
- ☐ 0.8 pound onion sliced

- ☐ 6 lb salmon wild whole cleaned (preferably)
- ☐ 0.5 cup cream sour
- ☐ 0.8 cup salt
- ☐ 4 bay leaves
- ☐ 2 allspice whole
- ☐ 1 tablespoon frangelico coarse-grain

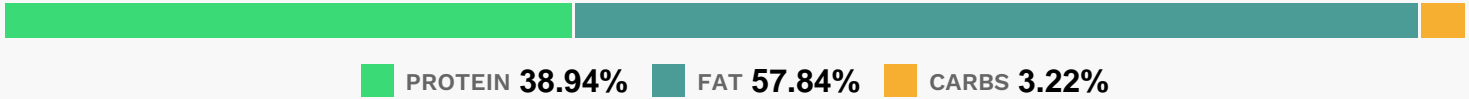
Equipment

- ☐ frying pan
- ☐ knife
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Working from head end to tail end, cut fish crosswise into 3-inch sections (very thick steaks; about 4), tapping back of knife with a mallet when you reach center bone to help cut through it. Discard tail if there is no flesh attached. Otherwise, set aside with steaks to cook.
- ☐ Bring 8 quarts water to a boil with onion, bay leaves, peppercorns, and allspice in pot, then stir in salt.
- ☐ Add salmon and cover pot with lid, then turn off heat.
- ☐ Let stand, undisturbed, until fish just separates from bones, about 18 minutes.
- ☐ Transfer salmon to a shallow pan with a slotted spoon and let stand just until cool enough to handle, about 10 minutes. Fish should be neither too warm (it may break) or too cool (it will start to congeal, making it more difficult to remove bones cleanly) when handled.
- ☐ With your hands, carefully remove flesh from each steak in pieces as large as possible, discarding skin and bones and arranging salmon on a platter.
- ☐ Stir together all sauce ingredients.
- ☐ Serve salmon at room temperature with sauce on the side.
- ☐ •Salmon is best freshly poached but can be made 1 day ahead and chilled, covered. Bring to room temperature before serving. •Sauce keeps, covered and chilled, 1 day.

Nutrition Facts



Properties

Glycemic Index:24.1, Glycemic Load:1.01, Inflammation Score:-7, Nutrition Score:36.22434762509%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.39mg, Isorhamnetin: 2.39mg, Isorhamnetin: 2.39mg, Isorhamnetin: 2.39mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 7.77mg, Quercetin: 7.77mg, Quercetin: 7.77mg, Quercetin: 7.77mg

Nutrients (% of daily need)

Calories: 580.1kcal (29.01%), Fat: 36.45g (56.08%), Saturated Fat: 6.49g (40.56%), Carbohydrates: 4.56g (1.52%), Net Carbohydrates: 3.72g (1.35%), Sugar: 2.01g (2.23%), Cholesterol: 165.88mg (55.29%), Sodium: 8789.35mg (382.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 55.22g (110.44%), Vitamin B12: 8.71µg (145.09%), Selenium: 101.53µg (145.04%), Vitamin B6: 2.3mg (114.82%), Vitamin B3: 21.55mg (107.74%), Vitamin B2: 1.08mg (63.72%), Phosphorus: 574.26mg (57.43%), Vitamin B5: 4.66mg (46.64%), Vitamin B1: 0.64mg (42.92%), Potassium: 1442.42mg (41.21%), Copper: 0.72mg (35.85%), Vitamin K: 36.96µg (35.2%), Magnesium: 88.84mg (22.21%), Folate: 80.89µg (20.22%), Iron: 2.78mg (15.44%), Zinc: 1.96mg (13.04%), Manganese: 0.21mg (10.59%), Calcium: 73.13mg (7.31%), Vitamin A: 351.15IU (7.02%), Vitamin C: 4.47mg (5.42%), Vitamin E: 0.8mg (5.31%), Fiber: 0.83g (3.33%)