

Poached Salmon w/ Coconut Cream Reduction & Arugula greens

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INGREDIENTS

- 1 2 6oz **Wild Alaskan Sockeye Salmon Filets** (skinless & boneless)
- 2 1 1/2 cups full fat coconut milk (1 13.5 ounce can)
- 3 1 cup dry white wine
- 4 2-3 garlic cloves, smashed*
- 5 2-3 inch piece of ginger, smashed*
- 6 1 stock lemon grass, smashed* and chopped
- 7 1 small shallot, diced
- 8 Salt and cracked pepper to taste
- 9 Arugula or other micro-greens
- 10 1 red chili pepper, thinly sliced (optional)

*Smashed just means to crush with the flat end of a large knife. This helps to release the flavors.

DIRECTIONS

- 1 Place the coconut milk, wine, garlic, ginger, lemon grass and shallots in a medium sized frying/sauté pan that has a fitted lid.
- 2 **Bring the mixture to a simmer then turn off the heat and let steep for 5-10 minutes.**
- 3 Add the Salmon filets and bring the mixture back to a simmer over medium heat. Cover and cook for 5-10 minutes, depending on the thickness of the fillets, or desired doneness. Be careful not to overcook.
- 4 **Using a spatula, carefully remove the fish from the cooking liquid and set aside on a dish.**
- 5 Strain the liquid into a bowl to remove the ingredients, then transfer the liquid back to the pan. Bring the liquid to a boil and continue cooking until it reduces to about 1/3 cup and thickens some. Stir periodically (but not constantly) to keep it from burning. This will take 9-12 minutes. Season to taste and transfer to a pouring cup.

To serve: Place room temperature salmon fillets on a serving dish or individual dishes. Pour cream over the fillets then garnish with the arugula micro-greens and sliced red chili peppers.