



## Poached Salmon Fillets Dill Caper Sauce

### Ingredients

#### Sauce:

2 Cups Fish Stock or 1-14 oz Can Clam Nectar  
1 tsp Chopped Capers  
1 tsp Chopped Fresh Dill  
1/2 Onion Fine Diced  
3 Cloves Garlic Crushed  
1/4 Cup White Wine  
1 Tbsp Olive Oil  
Worcester Sauce and Tabasco to Taste  
Salt and Pepper

### Directions

- Fillet and pin bone salmon portions
- Mix Poaching liquid and set aside
- Sauce:
  - Heat all marinate ingredients until boiling
  - Reduce to a simmer for 5 minutes, remove from stove and cool 10 degrees Celsius

Prep Time: 30 minutes  
Serves: 2

#### Poaching Liquid:

1/2 Onion Sliced  
2 Bay Leaves  
1/2 Lemon Sliced  
3 Cups Water  
1/4 Cup White Wine  
350 g Salmon Fillets

- Sauté onion and garlic in hot oil until soft
- Add dill, capers and white wine
- Reduce heat
- Add stock or nectar
- Bring to boil and thicken with roux season and reduce slightly
- Poach fillets in boiling liquid just until firm
- Remove and serve with sauce over top

*These recipes courtesy of:*  
Fred Rose  
Rose's Country Catering  
1631 Nursery Road  
Campbell River, B.C. V9W 4V4  
(250)287-3779  
rosescat@oberon.ark.com



**marineharvest**  
excellence in seafood

CANADA

For more recipes visit us at  
[www.MarineHarvestCanada.com](http://www.MarineHarvestCanada.com)