

Champagne Poached Salmon with Herbed Cream

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Save the expensive champagne for sipping while you prepare this elegant and healthy entrée.

Ingredients:

4 cups dry champagne
½ cup chopped onion
½ cup chopped fennel
10 sprigs fresh dill
1 teaspoon sea salt
1 teaspoon black peppercorns
4 (6-ounce) skinless salmon fillets

Sauce:

1 cup crème fraîche (may substitute sour cream)
2 tablespoons chopped fresh dill
1 tablespoon chopped fresh chive
1 tablespoon fresh lemon juice

Directions:

- 1) Combine champagne, onion, fennel, dill, salt, and pepper in a large, deep skillet; bring to a boil over high heat. Reduce to a simmer and cook 5 minutes. Add salmon to skillet; cook at a gentle simmer 10 minutes, ladling cooking liquid over fillets every few minutes.
- 2) Meanwhile, prepare the sauce: whisk all ingredients together in a small bowl.
- 3) To serve, place salmon fillets on serving plates; spoon sauce over fillets.