

CHEF & CHILD FOUNDATION RECIPE COLLECTION

POACHED SALMON

Vince Blancato
ACF Tampa Bay Culinary
Association, Inc.

SERVINGS: 4
PER RECIPE: 4
SERVING SIZE: 6 oz



Ingredients:

- 1 ½ pounds salmon filet, skin on, cut into 4 pieces
- 1 tablespoon olive oil
- 2 tablespoons shallots, chopped
- 1 ½ cups low-fat milk
- 1 tablespoon lemon juice
- 1 ½ teaspoons cornstarch
- 2 tablespoons fresh dill, chopped
- 2 tablespoons Dijon mustard
- ¼ teaspoon salt
- ¾ teaspoon pepper

Directions:

1. Heat olive oil in a 12 inch sauté pan.
2. Add shallots and sauté until soft, about 1 minute.
3. Add milk, salt and pepper. Bring to low boil, and then reduce heat medium/low heat.
4. Add the 4 salmon filets skin side up, after 30 seconds, turn over the filets.
5. Cover and poach gently, occasionally spooning the cooking liquid over the top of the salmon. Poach until the salmon is opaque, about 10-12 minutes.
6. With a slotted spatula, transfer salmon to a warm serving platter, cover and keep warm.
7. In a small bowl, mix lemon juice with the cornstarch, and then slowly add it to the poaching liquid, stirring constantly until it slightly thickens about 1-2 minutes.
8. Stir in mustard, sour cream and dill.
9. Garnish with lemon wedges and dills sprigs.
10. Serve with the mustard dill sauce.

Special thanks to Vince Blancato for collecting these recipes and Clemson University for providing the nutritional facts. The American Culinary Federation, Inc., established in 1929, is the premier professional organization for culinarians in North America. With more than 20,000 members in 225 chapters nationwide, ACF is the culinary leader in offering educational resources, training, apprenticeship and accreditation. In addition, ACF operates the most comprehensive certification program for chefs in the United States. ACF is home to ACF Culinary Team USA, the official representative for the United States in major international culinary competitions, and to the Chef & Child Foundation, founded in 1989 to promote proper nutrition in children and to combat childhood obesity. For more information, visit www.acfchefs.org.

Nutrition Facts

Serving Size (283g)
Servings Per Container
Calories 330
Fat Cal. 140

Amount/serving	%DV*	Amount/serving	%DV*
Total Fat 15g	23%	Total Carb 8g	3%
Sat. Fat 2.5g	13%	Fiber 0g	0%
Trans Fat 0g		Sugars 5g	
Cholest. 100mg	33%	Protein 37g	
Sodium 440mg	18%		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.			
Vitamin A 6% • Vitamin C 4% • Calcium 15% • Iron 8%			



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