

Impossible Poached Salmon Published: July 3, 2020, by Ivan

Poaching food is one of the fastest ways to cook food. Poaching forces the food's flavor to remain rather than burning off or steaming away. Poached salmon is an elegant meal. Perfect, fast, easy, and ready in minutes.

INGREDIENTS

- |                         |   |  |
|-------------------------|---|--|
| 1 Salmon Filet or Steak | 1/4 Cup White Onion or Green Onion        | 2 Tbsp Olive Oil                       |
| 1/3 Cup Green Beans     | 1/3 Cup Celery                            | 2 Tbsp White Wine or soy sauce or Sake |
| 6 Tomato Cherries       | 1/3 Cup Carrots                           | Parchment Paper                        |
| 1/4 Cup Cauliflower     | 1/2 tsp Garlic                            | Salt and Pepper                        |
| 1/4 Cup Broccoli        | 2 Thyme Sprigs or 2 tsp Italian Seasoning |  |

INSTRUCTIONS

1. We are going to need several things to make this meal. We need protein, veggies, starches, aromatics, and a liquid. For the protein, we have the thawed salmon filet or steak. For the vegetables, we have thinly, diagonally, sliced 1/3 cup green beans and 6 cherry tomatoes. Separate or slice 1/4 cup broccoli and 1/4 cup cauliflower. For starches, we have sliced 1/4 cup green or white onion, 1/3 cup celery, and 1/3 cup carrots. Chop 1/2 tsp fresh garlic. For aromatics, we have thinly slice one lemon. Other aromatics are thyme, salt, and pepper at the ready. Liquids require 2 Tbsp olive oil and 2 Tbsp white wine.
2. Cut one length of parchment paper that is 3-4 times the width, what you are poaching. My salmon is 1/3 the size of a plate, but we will add all the other ingredients which require space. The plate measures 10", so I measured 30" of parchment paper. Parchment paper is made of silicon, and it is not the same as wax paper. Fold the parchment paper in half widthwise. Use a pen and draw-out the half of Valentine's heart shape using as much of the paper as possible. Cut the pattern out, and the unfolded parchment paper will be in the shape of a Valentine large heart.
3. Place half of the parchment paper on the plate. The center of one-half Valentine's heart is the center of our pouch. Pour 1 tsp olive oil and spread it to the size of the salmon. Sprinkle a pinch of salt and pepper, some thyme sprigs on top of the olive oil. Add some carrot and celery. Add the salmon on top with the skin side down. Season the top of the salmon with salt and pepper. Add lemon slices to the top of the salmon. Spread the vegetables, garlic, and thyme sprigs on top and around the salmon. Pour 2 Tbsp olive oil and 2 Tbsp White Wine on top of everything.
4. Fold the other half of the parchment paper on top of the ingredients. Make three folds at the top seam of the heart about two inches long. Move toward the next section, one inch, and make three folds. Keep repeating around the ingredients until you get to the bottom of the heart pattern. The parchment will self-seal since we are overlapping folds. Twist the end to complete the wrapping. Go back and seal up loose folds and add folds to tighten up the pouch around the ingredients.
5. Place salmon pouch plate into the microwave oven. Cook 5 minutes on high for every inch height of your pouch, then you are ready to serve. Conventional Oven: Preheat an oven to 425°F. Bake the salmon pouch on a baking pan, on the center rack of the oven, for 12 minutes. A whole fish or eight pouches require 30 minutes at 425°F.

Plating: Serve salmon pouch unopened in front of the diner. Cut the top of the parchment paper with a knife. The steam from the pouch will be hot. Offer fresh lemon slices and eat directly out of the pouch. Throw the pouch away after the meal. The serving plates will be easy to clean.

Thanks for stopping by. I hope you enjoy your own Impossible Poached Salmon. Remember to share your recipes.

Until next time. Adios