

OIL POACHED SALMON

Pair this protein with savory lentils, wild rice, sautéed vegetables, or any accompaniment of your choosing. Sub it out for chicken in a chop salad, or enjoy it simply with a little sea salt and olive oil served at room temperature.

12 C. Water

10 oz. Salt

10 oz. Sugar

2 lbs. Salmon

7 oz. Olive oil

1 ea. Bay leaf

Add water, salt, and sugar in a large bowl and stir until dissolved. To prep the salmon, remove the skin and bones and cut into pieces about one inch thick and two inches wide. Place the salmon in the brine for 30 minutes. Remove from the brine and allow to air dry for about 15 minutes. In a large pot, add the salmon, olive oil, and bay leaf and poach the fish, ensuring the temperature remains in the range of 110 to 118 Fahrenheit for 30 minutes. Allow the salmon to cool by placing the fish and oil into an appropriately sized container and place that container into an ice bath until the oil is firm. Store in oil refrigerated for up to 3 days.