

## POACHED SALMON IN TOMATO GARLIC BROTH

June 3, 2013 By Meredith Steele 21 Comments



Since I can remember my nickname has been Bear, so it's fitting that salmon is by far my favorite fish. Sashimi, poached, pan seared, grilled, cedar planked — I will eat it all. It's pretty ridiculous. That's why when [Copper River Salmon](#) asked this Texas girl to be apart of this summer's Copper River Salmon season I was elated. Hmm...let me see, a summers worth of cooking the freshest and finest salmon in the world? That wasn't hard for me to say yes to. I think it was harder to say "yes"

to my husband when he asked me to marry him – and I was head over heels for him. Actually it was more like I had to refrain myself from flying to Alaska and start kissing people.



*photo courtesy of Copper River Salmon*

The wild and majestic Copper River located in Alaska is home to some of the most exceptional salmon in the world. Beautiful and pristine, the Copper River remains one of the cleanest and most pure ecosystems because it's carefully managed and regulated. This management creates an ideal environment for the salmon who migrate here to have exceptional flavor and texture that's unlike any that I've ever had.



*Photo courtesy of Copper River Salmon*

Before I even tasted this beautiful fish I was drawn in by the excitement I was experiencing through the fisherman and the food community in the days leading up to the season opener. Even my local fishmonger, Mark at WholeFoods, kept referring to it as "Christmas is coming!" and everyday I was in the store we would talk about our favorite ways that we were going to prepare it.

Through out this summer I plan on bringing you my ideas for recipes for this delectable fish and tell you more about the amazing people who fish these waters and care for the river. In the meantime, I highly suggest you try out the [Copper River Salmon Locator](#) and find some of this delicious salmon before the run is over. The Copper River produces King (available May-June), Sockeye (available May-July), and Coho (available August-September). Today, I'm preparing Sockeye. It's extremely flavorful in a pleasant way and the texture is luxurious to say the least. In my opinion it's worth every cent and bite.



This light yet flavorful broth is the perfect pairing for this succulent salmon. Tomato, garlic, and wine accent the salmon and let it shine in this simple to prepare but stunning dish. Seriously people — this is the easiest prep in the world! I'm serving it with basic buttery mashed potatoes, pan sauteed asparagus, and just a touch of white truffle oil to liven things up a bit. Mia, the resident 4-year-old, ate every last bite and declared it "princess approved."

**Poached Salmon in Tomato Garlic Broth** *serves 4*

8 cloves garlic  
2 shallots  
2 teaspoons extra virgin olive oil  
5 ripe tomatoes  
1 1/2 cups dry white wine  
1 cup water  
8 sprigs of thyme  
1/4 teaspoon sea salt  
1/4 teaspoon fresh black pepper  
4 Copper River Sockeye Salmon fillets  
white truffle oil (optional)



Peel and roughly chop garlic cloves and shallots. In a large braising dish or saute pan with a lid, place the olive oil, garlic, and shallots. Sweat over medium-low heat until soft, about 3 minutes.



Place the tomatoes, wine, water, thyme, salt, and pepper in the pan and bring to a boil. Once boiling, reduce heat to a simmer and cover. Simmer for 25 minutes until the tomatoes have burst releasing their juices. With a wooden spoon or spatula, crush the tomatoes into a pulp. Simmer uncovered for another 5 minutes until the broth has reduced a little.



While the broth is still simmering, place the salmon in the broth. Cover and poach for 5 to 6 minutes only until the fish easily flakes. Place the fish on a plate and set aside. Place a strainer into a large bowl and pour the remaining broth into the strainer. Strain the broth discarding the solids that remain. Taste the broth and add salt and pepper if needed.



Simple butter mashed potatoes or even roasted potatoes are a good side with this meal. To plate, I place mashed potatoes in a large bowl or a deep plate. Then top with sautéed asparagus and the poached salmon. Pour the strained broth around the salmon.



Add a drizzle of white truffle oil if desired.



Serve and enjoy. Cheers!

*Disclosure: I received this salmon for review purposes from Copper River Salmon. All opinions are my own.*

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