

Cold Poached Salmon

Ingredients

2 pounds salmon
Court-bouillon*
Green mayonnaise**
Belgian endive
Avocado, sliced
Cucumber, sliced

Instructions

Wrap a 2-pound piece of salmon in cheesecloth. Place in large pan and add court-bouillon to cover. Poach for 20-25 minutes. (Thicker portions cook more slowly.) Allow the salmon to cool in the court-bouillon.

Cut the salmon into 6 equal serving pieces and place on a salad plate. Garnish with Belgian endive cut lengthwise into quarters. Atop each piece of salmon arrange several thin slices of avocado surrounded by thin slices of cucumber. Add a dollop of green mayonnaise.

*Court-bouillon for Fish

Bring to the boil 1 quart of water with 1 small onion stuck with 2 cloves, 1 slice of lemon, 4 peppercorns, ½ bay leaf, the top leafy section of a stalk of celery, 2 sprigs of parsley, 1 ½ teaspoons salt. Simmer for 15 minutes.

**Green Mayonnaise

Into 2 cups mayonnaise fold in the following fresh herbs: 1 tablespoon chives, 1 tablespoon tarragon leaves, 2 tablespoons parsley, 1 teaspoon chervil, and 1 teaspoon dill – all finely chopped. Chill.