



RORY O'CONNELL'S RECIPE

Poached Salmon

I find this technique for poaching salmon produces a moist and delicious result. The fish is cooked in a saucepan it just fits into and as a result you use the minimum amount of water resulting in the minimum amount of flavour loss. The skin protects the fish while cooking and the bone adds flavour.

INGREDIENTS

1.4kg centre cut of salmon
Water
Salt

Serves 8

METHOD

Measure out 625ml of water and add 1 ½ tablespoons salt. Choose a saucepan that just fits the salmon and add the salted water. Bring to a boil and put in the piece of salmon. The water should just cover the fish. If there is excess water, pour it off. Bring the saucepan back to a simmer, cover with a lid and simmer very gently for 2-3 minutes. Turn off the heat and allow the salmon to rest in the water for 15-20 minutes.

Remove the fish, peel off the skin and remove the flesh from the bone. Serve with the sauce of your choice.

Prepared & served by chef Rory O'Connell, co-founder of the Ballymaloe Cookery School with Elisabeth Kamphuis on March 15th 2019 in Splendor, at St. Patrick's Festival Amsterdam, the annual Festival of Irish culture.