



Poached Salmon with Fennel and Orange

4-6 servings

Prep time 15 minutes

Cook time – 35 -45 minutes high heat

PREHEAT SLOW COOKER TO HIGH HEAT

2 lb Salmon fillet, skinned, pin bones removed and cut to fit in slow cooker*

3 cups fresh orange juice

2 cups Chardonnay wine

1 cup fennel bulb sliced

1 cup red onion sliced

2 tsp. capers

1 tsp. kosher salt

fennel fronds for garnish

1 blood orange sliced thin for garnish

Fold a length of aluminum foil long enough to fold over ends of slow cooker and wide enough to hold salmon fillet. Combine orange juice, Chardonnay, fennel, onion, capers, and salt in a large sauce pan. Bring to a high simmer, do not boil. Pour into heated slow cooker on high heat. Place salmon fillet on top. Cover and cook on high heat for approximately 45 minutes. Check after 35 minutes to check for doneness. Salmon should feel firm and the flesh should flake easily when pierced with a fork. When salmon is cooked through, remove it from the slow cooker by grabbing the ends of the foil and gently lifting out the salmon.

Arrange salmon on a platter garnished with orange slices and fennel fronds. Red onion/-caper cream

1/2 cup sour cream*

2 TBS. orange juice

3 TBS. red onion – minced finely

2 tsp. minced capers

The addition of a bit of Tabasco Sauce is optional but nice.