

Quick Poached Salmon with Dill Mustard Sauce

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Rated: ★★★★★

Prep Time: 15
Minutes

Ready In: 30
Minutes

Submitted By:
Karena

Cook Time: 12
Minutes

Servings: 4

"A yogurt dill sauce is a cool, creamy counterpart to salmon poached in a delicate white wine and shallot broth."

INGREDIENTS:

1/2 cup plain yogurt	
1/4 cup Dijon mustard	1 pound salmon
1 tablespoon honey	1 cup white wine
1/4 cup fresh lemon juice	1/2 cup water
3 tablespoons chopped fresh dill	1/4 cup chopped shallots

DIRECTIONS:

1. In a small bowl, blend the plain yogurt, Dijon mustard, honey, lemon juice, and dill. Cover, and refrigerate until serving.
2. In a medium saucepan over medium heat, place the salmon in the white wine and water. Adjust the amount of water as necessary to just cover the fish. Sprinkle with shallots. Cover the saucepan, and cook 10 to 12 minutes, until salmon is easily flaked with a fork. Drain, and serve with the yogurt sauce.

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Save Time on Dinner

Makes planning easy.

-- Angela Sackett



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