

# Seafood Charlie Recipe

## Poached Salmon with Creamy Herb Sauce

A Seafood Charlie Recipe

Prep Time: 15 Mins

Cook Time: 5 Mins

Servings: 4

### Ingredients

6 sprigs fresh dill

1 small lemon, thinly sliced plus additional slices for garnish

2 cups water

1 Tbs water

1 cup dry white wine

2 1/4 tsp salt

1 1/4 lbs fresh salmon fillet

1/2 cup light mayonnaise

1/3 cup chopped assorted fresh herbs such as chives, dill, tarragon or thyme leaves plus additional for garnish

1/4 cup light sour cream

2 Tbs fresh lemon juice

1 tsp lemon zest

1/4 tsp ground black pepper

### Directions

1. In large skillet, add dill sprigs, lemon slices, 2 cups water, wine and 2 teaspoons salt; cover and heat to boiling over high heat. Add salmon, skin side down, to skillet. Cover and cook 7 to 9 minutes or until salmon turns almost opaque throughout and reaches an internal temperature of 145°. Remove salmon from skillet and pat dry with paper towels; remove skin, if desired.
2. Meanwhile, in small bowl, stir mayonnaise, herbs, sour cream, lemon juice and zest, pepper and remaining 1 tablespoon water and ¼ teaspoon salt. Serve salmon with sauce garnished with lemon slices and herbs, if desired.

Enjoy!