

Recipe

This recipe is adapted from “kitchen joy” and Whimwood Estate Wines!



Ingredients:

For the Salmon:

- 4 tablespoons fresh lemon juice
- 2 tablespoons extra-virgin olive oil
- 4 skinless salmon fillets
- 1 teaspoon salt, plus more as needed
- 1/2 teaspoon freshly ground black pepper

For the Hollandaise:

- 4 large egg yolks
- 1 tablespoon hot water
- 250gms unsalted butter, cut into 2 cm pieces
- 1 tablespoon fresh lemon juice
- pinch of cayenne pepper
- chopped fresh parsley, for garnish

Method:

In a pan that is just large enough to accommodate all 4 salmon fillets without too much extra room, add the 4 tablespoons of lemon juice and 2 tablespoons of extra-virgin olive oil. Add enough to the pan so that the liquid is about 1-inch deep. Season the salmon fillets with salt and pepper, and add the salmon to the pan. Add more water, if needed, to completely cover the salmon.

Heat the salmon over medium heat until water is hot, but not boiling or simmering. Poach the salmon in the hot liquid until it is firm to the touch, and has an opaque appearance.

Simmer some water in the bottom of a double boiler (or a metal bowl set over a pan of simmering water-do not allow the bowl to touch the water). Before placing the bowl over the simmering water, whisk together the egg yolks and hot water. Place the bowl over the simmering water, and whisk constantly until the yolks thicken, double in volume, and turn a pale yellow color. Do not allow the yolks to scramble, remove bowl from heat periodically if you need to.

Add the butter pieces, one at a time, whisking each piece in until it melts completely before adding another piece. Once you've added all of the butter to the hollandaise, remove the sauce from the heat and whisk in the lemon juice, cayenne pepper. Taste and season with salt as needed.

Drain the poached salmon fillets and place them on a serving platter or on individual dinner plates. Cover the fillets with the hollandaise sauce and garnish with parsley.

Serve with asparagus and plenty of WHIMWOOD ESTATE 2015 ROSÉ - YUM....