



## **Oil-Poached Atlantic Salmon with Pancetta Spinach Salad and Raspberry Vinaigrette**



This recipe for oil-poached Atlantic salmon with pancetta spinach salad and raspberry vinaigrette is from episode 15 of Fish the Dish starring Spencer Watts.

Serves: 2

### **Ingredients**

#### **Salmon**

- Olive oil (for poaching)
- 2 Atlantic Salmon fillets (5-6 oz each)
- Salt

#### **Pancetta Spinach Salad**

- 3 oz Pancetta, chopped into small bits
- 1 Large Shallot, chopped
- 2 Large handfuls of fresh spinach baby spinach
- Pepper

#### **Raspberry Vinaigrette**

- 1 med Shallot
- 2 Tbsp (30 ml) Raspberry or red wine vinegar
- Salt
- Pepper
- 2 Tbsp (30 ml) Honey
- ¼ cup (60 ml) Orange juice
- 2 Tbsp Parsley, chopped

- ⅓ cup (75 ml) Olive oil
- ¼ cup (60 ml) Raspberries (fresh or frozen)

## Directions

### For the salmon

1. Pour the olive oil into a deep pot. The pot should be large enough to fit both fillets of salmon, but small enough so that the fillets fit snugly. If your pot is too small, try poaching one fillet at a time.
2. Turn the heat on the lowest setting possible and wait until the oil reaches about 100° (comfortably warm when your finger is dipped into it).
4. Remove skin from the salmon fillets, but do not discard. Season the salmon with salt.
5. Gently add the salmon fillets so that they are completely submerged in the oil. Keep heat at low and poach slowly for about 20 minutes. When done, the salmon should still have a slightly rosy hue but will flake easily.
7. Lay salmon skin on a baking sheet lined with parchment paper. Lay another piece of parchment paper over top. Cover with another baking sheet. Place in oven at 325°F (165°C) for 10 minutes.
8. Remove poached salmon to a plate and season with salt immediately. Remove salmon skin from oven.
9. Plate salmon fillet on a bed of pancetta and spinach salad. Drizzle on vinaigrette, and top with crispy salmon skin.

### Pancetta Spinach Salad

1. Place pancetta in a hot, oiled skillet. Add shallot and cook until pancetta is crisp.
2. Remove skillet from heat, add washed baby spinach and pepper, and toss.

### Raspberry Vinaigrette

1. Add shallot, raspberry vinegar, salt, pepper, honey, and orange juice to a bowl, and whisk. Add parsley, olive oil, and raspberries, and stir all together.