

Poached Reef Net Salmon with Roasted Cherries

Makes 6 servings

Yes, you can poach a delicate salmon in our oven! Both salmon and cherries start their season together and both are top of the health and nutrient charts. They are an excellent pairing in any culinary circle.

Ingredients

5 cloves	Garlic
5 slices	Fresh Ginger -1/4 inch thick
3 each	Bay Leaves
2 C	White Wine
6 C	Water
1 each	Lemon –cut in half
2#	Wild King or Sockeye Salmon –Fillet and remove the pin-bones, leave skin intact
1#	Fresh Cherries (Bing, Rainier or Black) –pitted
1 ½ T	Olive Oil
1T	Sugar
2T	Italian Parsley
1T	Fresh Savory
2T	Sherry Vinegar

Method - Preheat oven to 500-550 degrees

- Put the first 6 ingredients into a large sauce pot and bring to a simmer. Simmer 5 minutes and turn off the heat; let it cool.
- Cut the salmon into 6 equal pieces.
- Cook the cherries in the oven at the same time that the salmon is poaching.
- **Cherries:** Toss the cherries with the olive oil, sugar and herbs. Put the cherries in a shallow oven-proof baking dish or skillet. Roast them in the “finishing zone” of the oven, turning once, for 5 minutes or until they are blistering and giving off juice.
- Add the vinegar to the baking dish and reduce it to a glaze. Toss with a few more herbs if you’d like.
- In a large, shallow sauté pan or braising pan, add the salmon and pour the poaching liquid over the top (it should almost cover the salmon). Cover and put in the oven for 5-6 minutes or until the salmon is firm to the touch.
- With a slotted spoon, remove each fillet to a large platter. Top with the cherries and some of the fresh herbs.

