

Salmon Poached in Lobster Bisque with Thai Seasonings

Serves: 2 to 4

Ingredients:

4 cups lobster stock (preferably homemade)
1 kaffir lime leaf, cut into slivers
2 Thai chiles, split and seeds removed
Salt and freshly ground pepper to taste
2 to 4 (4 to 6 ounce) salmon fillets, skin removed
8 ounces fresh spinach
¼ cup heavy whipping cream or coconut milk

Equipment needed:

a large skillet



Directions:

Combine the stock, lime leaf, and chiles in a large skillet. Bring to a boil and sprinkle with salt and pepper. Reduce the heat. Add the fish and poach gently for 5 to 6 minutes or until the fish flakes easily. Remove the fish to a warm serving plate. Return the stock to a boil. Add the spinach, and cook for 30 seconds. Stir in the cream. Pour the sauce around the fish and serve.

Notes:

This dish makes a beautiful presentation and is prepared in just a few minutes. This dish is easy to prepare, and the flavors are fabulous. If lobster stock cannot be found, seafood stock can be substituted. Kaffir lime leaf and Thai chiles can be found at Asian markets.

Source:

Herbal Cookery From the Kitchens and Gardens of the St. Louis Herb Society,
The St. Louis Herb Society, 2009, page 138.