

Olive Oil Poached Citrus Salmon

By Chadwick Boyd



Olive Oil Poached Prince William Sound Salmon with Citrus

Ingredients

- 2 lbs Prince William Sound Sockeye, cut into 4 portions
- 1 medium orange
- 4 cloves garlic, thinly sliced
- 3 dried red chili peppers, chopped
- 2 - 2 ½ cups extra virgin olive oil (depending on thickness of fillets)
- 1 blood orange or ruby red grapefruit
- Maldon or other flake salt

Instructions

- Preheat oven to 275°F
- Place salmon fillets skin side down in a 10" cast iron skillet or oven-proof baking dish
- Using a vegetable peeler, peel the outer skin, but not the pith, of the orange
- Scatter the orange peel, garlic and three quarters of the chilies over the salmon
- Pour olive oil over the fish until the fillets are just covered
- Poach on center rack of oven for 14 minutes or until the top of the salmon is just opaque
- While fish is poaching, cut off the remaining orange peel and slice the orange into ¼" slices, repeat with other citrus and set aside
- Remove from oven when flesh is opaque and separates easily with a fork
- Arrange on a serving dish, top with remaining citrus slices and spoon olive oil over the dish
- Garnish with the remaining chili flakes and salt to taste



PRINCE WILLIAM SOUND
WILD ALASKA SOCKEYE

www.ChadwickBoydLifestyle.com
www.SoundSalmon.org