

Poached Salmon with Cucumber Yogurt Topping

Macy's Culinary Council Chef Gale Gand

For the poaching liquid

1 ½ cups dry white wine
1 cup water
1 carrot, sliced thinly into coins
1 small onion sliced
1 stalk celery, thinly sliced
3 strips of lemon rind
10 black pepper corns
1 bay leaf
¼ teaspoon salt

For the topping

½ seedless or English cucumber, peeled
1 ½ cups plain yogurt, preferably Greek yogurt
1 tablespoon snipped fresh dill
¼ teaspoon salt
fresh ground pepper

6, 4-ounce salmon fillets about 1 inch thick, skin off

In a sauce pan, combine the poaching liquid ingredients and bring it to a boil over high heat, then turn to a simmer and cook 6 minutes till the carrots are tender. Remove from the heat and cover to keep warm.

In a 10 inch sauté pan, place the salmon fillets without touching each other. Pour the hot poaching liquid over the salmon and bring it to a simmer over medium heat. Cook for just 3-4 minutes. The salmon will still be pink and rare. Turn off the heat and let sit in the liquid about 10 minutes to gently finish cooking. Chill in the poaching liquid for at least an hour, then transfer the salmon carefully (I use a fish spatula which is slotted and pretty thin) to a serving platter and keep covered and chilled till ready to serve. To prepare the topping, julienne or shred the cucumber, use a Japanese mandolin if you have one. Otherwise, shred it through the blade of a food processor or box grater on the biggest holes. You want to end up with about 2 cups shredded.

In a bowl combine it with the yogurt, fresh dill and season it to taste with salt and pepper.

Spoon that on top of the salmon and serve. *(Yields 6 Servings)*



Cranberry Angel Food Muffins

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- 1 cup 2 tablespoons cake flour
- 1 cup plus 2 tablespoons sugar
- 1 ½ cups egg whites
- 1 ¼ teaspoons cream of tartar
- ½ teaspoon salt
- 1 teaspoon vanilla extract
- ½ orange, grated rind only
- 1 cup fresh or frozen cranberries, coarsely chopped in a food processor by pulsing

Preheat oven to 375. Line a muffin pan with 12 cup cake papers.

Sift the flour with 2 tablespoons of the sugar, 3 times (yes 3 times...it lightens the cake). In a mixer with a whisk attachment begin to whip the whites on low until they are foamy and look a little like a bubble bath. Add the cream of tartar and salt and then continue whipping on medium speed, then start to gradually add the remaining cup of sugar and whip till soft peaks form when you remove the whisk. With a rubber spatula fold in the sifted flour/sugar mixture until almost incorporated then fold in the vanilla and grated orange rind, and the chopped cranberries.

Using an ice cream scoop with a sweeping arm if you have one, fill the cup cake papers 3/4 full with batter. Bake for 15-20 minutes. Remove from the oven and let cool before serving. *(Yields 12 Servings)*

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