

Poached Salmon with Corn and White Wine-Butter Sauce

Ingredients

4 Servings

- 4 medium zucchinis
- Salt to taste
- 2 tablespoons extra-virgin oil
- 3 medium shallots
- fresh ground pepper
- 2 3/4 cups dry white wine
- 1 cup fresh corn kernels
- 2 lemon thyme sprigs
- 1 bay leaf
- 4 6-oz skinless salmon fillets
- 1 stick cold unsalted butter
- 1/4 thinly sliced basil leaves



Directions

Set a colander over a bowl. Add the zucchini to the colander and toss with 1 teaspoon salt. Let stand for 20 minutes. Squeeze the zucchini dry. In a large, nonreactive skillet, heat the olive oil. Add the chopped shallots and season with salt and pepper. Cook over medium heat until softened, about 3 minutes. Add 1/4 cup of the wine and cook until evaporated, about 2 minutes. Stir in the corn and 1/2 cup of water. Cover and cook until the corn is tender, about 4 minutes. Stir in the zucchini and cook until heated through, about 2 minutes. Season with salt and pepper, cover and keep warm. In a large, nonreactive saucepan combine 2 cups of the wine with the thyme, bay leaf, the halved shallot and 2 cups of water and bring to a simmer. Season the salmon with salt, add the fillets to the saucepan and cook at a bare simmer over low heat, turning once about 6 minutes in. Transfer the salmon to a plate and pat dry with paper towels. Discard the poaching liquid. Add the remaining 1/2 cup of wine to the saucepan and bring to a simmer. Whisk in the butter, 1 tablespoon at a time, until thoroughly incorporated. Season with salt. Stir the basil into the vegetables and transfer to plates. Nestle the salmon into the vegetables, top with the butter sauce and serve.