

Poached Salmon with Sweet Muscat Sauce

There are many wonderful sauces that work well on poached salmon from the traditional Hollandaise to the garlicky, bright pesto. The unusual sauce in this recipe is made with a sweet Muscat wine. Several Nova Scotia vineyards have produced award-winning wines made from the Muscat grape. It is also a great wine for steaming mussels, giving them a wonderful flavour.

- 1/2 cup (125 mL) sweet Muscat wine or other desert wine
- 1/2 cup (125 mL) fish stock
- 1/2 cup (125 mL) fresh squeezed orange juice
- 4 salmon fillets (6oz/180 g)
- 1/2 cup (125 mL) whipping cream
- Salt & pepper to taste

In a large skillet, add wine, fish stock and orange juice and bring to a boil. Lightly season the salmon with salt and pepper to taste, and then place in the skillet and cover, reducing heat to low. Simmer for approximately 5 to 7 minutes until done (salmon will be flaky). Remove salmon from the skillet and place on a heated platter.

Complete the sauce by reducing the cooking liquid to half of its original volume. Add the cream and reduce to half again, season with salt and pepper, to taste. Pour sauce onto serving plate and top with salmon. Serve with fresh pasta or rice and fresh asparagus, peas or beans. Makes 4 servings.

Taken from: The Taste of Nova Scotia Cookbook

For more information about Nova Scotia cuisine and traditional recipes see www.tasteofnovascotia.com.