

“Naked” Sockeye Salmon with Huckleberry Beurre Rouge

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— Recipe by chef David Buchanan,
Blackfish Wild Salmon Grill & Bar at
Tulalip Resort Casino

This dish is my own interpretation of one of Chef Eric Ripert’s recipes. I love it because as Pacific Northwesters, we enjoy our salmon cooked medium-rare. This recipe puts that medium-rare layer on top, presenting the salmon’s vibrant color in its full glory.

The cooking method is a variation on poaching, but rather than completely submerging the fish in liquid, you only add enough to come about one quarter of the way up the fish, and then slowly cook it from the bottom up, leaving the top raw.

For the Sauce

INGREDIENTS

- 2 tablespoons shallots, sliced
- 2 teaspoons olive oil
- 1 cup fresh huckleberries (frozen is also ok-if huckleberries are unavailable substitute with blackberries)
- ½ cup Merlot
- ½ cup raspberry vinegar
- 1 tablespoon whole black peppercorns
- 2 sprigs fresh tarragon
- ½ cup heavy cream
- 10 tablespoons unsalted butter, chilled and cut into tablespoon-size cubes

- 1 Place olive oil and shallots in a small stainless steel sauce pan and sweat over medium-low heat until translucent.
- 2 Add huckleberries, merlot, vinegar, peppercorns and tarragon. Increase heat and bring to a simmer. Continue cooking until liquid is reduced to about 6 tablespoons.
- 3 Add heavy cream to the pan and reduce by half.
- 4 Turn heat to low, add one cube of butter and whisk constantly until almost melted. Add another butter cube and repeat the process until all butter is used. Remove from heat, strain out the solids, and reserve in a warm spot (not a hot location). Stir every 10 minutes until served.

NOTE: This is a delicate sauce, which needs to be held around 100° - 120° or it may “break”. Although it is possible to hold for up to one hour, it is best if made at the last minute while preparing the salmon. Because of the low holding temperature, it is best to dispose of any left-over sauce.



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For the Salmon

INGREDIENTS

- 4 ea. 6-ounce salmon fillets, pin-bones pulled out and skin off
- ½ cup water
- ½ cup dry white wine
- Sea salt to taste
- 20 fresh tarragon leaves
- 1½ tablespoons shallots, minced
- Fresh ground black pepper to taste

- 1 Place water and wine in a shallow pan, and bring to a light simmer (around 175°).
- 2 Season fish with sea salt and place skin-side down (meaning the side which had skin before being removed).
- 3 Cook until about 3/8” of the top remaining flesh is still raw. Remove and pat dry.

SERVE the dish over grilled fingerling potatoes and shaved fennel or arrange the salmon over any sides you prefer.

GARNISH each fillet with a thin line of minced shallots, fresh ground black pepper, and five tarragon leaves. ■