

Hugh Acheson
five & ten, athens, ga

wild salmon poached in “Well Met” court bouillon with tea pickled cucumbers
serves four

cucumbers
3/4 cup rice vinegar, unseasoned
1/4 cup raw granulated sugar
1/2 cup water
1/2 teaspoon sea salt
1 tablespoon *Blessed Botanicals* “Well Met” tisane
1 1/2 cups pickling cucumbers, washed and thinly sliced (1/8 inch thick rounds)
1 tablespoon olive oil

In a small saucepan combine vinegar, sugar, water and tisane and bring to a boil over high heat. Place cut cucumbers in a large bowl and pour vinegar solution over. Let sit for two hour then drain and toss the drained cucumbers with the olive oil.

wild salmon
1 1/2 cups white wine
1 1/2 cups water
1 fresh thyme branch
1 lemon, cut in half and seeded
four black peppercorns
2 bay leaves, dry (if fresh just use one)
1 tablespoon unsalted butter
1 tablespoon *Blessed Botanicals* “Well Met” tisane
sea salt and ground black pepper to taste
4 six ounce portions wild salmon

In a large pot (large enough to comfortably fit your four portions of salmon without crowding) combine the wine, water, thyme, lemon, peppercorns and bay. Bring to a boil and reduce the total volume by a third. Lower heat to a simmer. POACHING IS NOT BOILING. IT’S COOKING AT A BARE SIMMER. Add the butter and tea to the court bouillon and then simmer immediately or the tea will steep too much in the court bouillon.

Season each portion of salmon with sea salt and pepper.

Now it’s time to cook the salmon.

Look at how thick your salmon portions are and then figure out your cooking time before you begin. I do six minutes per inch of thickness but I like my salmon a bit rarer than many palates. Once you have a pretty good idea of how long it’s going to take gently place the salmon portions into the court bouillon and poach away. Remove and place each on a plate, topping each with about a tablespoon of the pickled cucumbers.

I like to then squeeze a little lemon on each and circle each fish with a top-notch extra-virgin olive oil from Spain or Italy.