

Poached Alaska Seafood Marseilles

Ingredients

- 1 Tablespoon olive oil
- 1 Tablespoon shallot, minced
- 1 clove minced fresh garlic
- Water, for poaching
- 1/2 cup chardonnay or sauvignon blanc wine
- 1/4 teaspoon sea salt
- 1/8 teaspoon white pepper
- 4 Alaska Salmon or whitefish portions (4 to 6 oz. each), frozen
- 1 Teaspoon dry Italian seasoning or Herbs de Provence
- 2 Tablespoons butter
- 1 Teaspoon fresh lemon juice
-

Directions

1. Rinse any ice glaze from frozen Alaska seafood under cold water; set aside. Heat a 12-inch skillet over medium heat for one minute. Add the oil and swirl pan to coat evenly. Add the shallot and garlic and sauté for 30 seconds. Remove the pan from the heat. Place seafood in pan, skin side down. Add water to the pan until it reaches half way up the side of the fillets. Add the wine, salt and pepper. Return the pan to medium high heat until it begins to simmer. Cover pan tightly and reduce heat to low simmer – not boiling. Cook 4 to 5 minutes for frozen seafood or 2 minutes for fresh/thawed fish. Turn off heat and let seafood rest in liquid for 5 minutes. Remove seafood to a plate/platter and keep warm.
2. Create a quick reduction sauce with the remaining steaming liquid by returning pan to medium high heat. Reduce liquid by 75%. Reduce heat to low and add the butter and lemon juice. Whisk until butter melts and sauce thickens: about 1 minute.
3. To serve, drizzle fillets with sauce.

Enjoy with Estancia Chardonnay or Sauvignon Blanc Wine

Nutrients per serving (with Alaska Halibut): 219 calories, 9g total fat, 4g saturated fat, 21% calories from fat, 61mg cholesterol, 30g protein, 3g carbohydrate, 1g fiber, 199mg sodium, 88mg calcium and 640mg omega-3 fatty acids.