

# Salmon Poached in Foil

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*This foolproof way of cooking salmon is my favorite way of cooking this fish. It is no fuss and it comes out moist and perfect every time. On top of it, clean up is a breeze. You must use heavy duty aluminum foil, or the foil will tear when moving it around. It is the perfect method for cooking on a boat. If cooking on a boat barbecue, count on it taking twice as long, Use the platter presentation method (keep filet intact) for a boat and be careful with moving your packet. Don't let your fish escape back into the ocean!*

2 - 2 ½ pounds	salmon filet,	large piece	heavy duty aluminum foil
1	Tbs + olive oil	2	lemons, thinly sliced (optional)
1	pinch salt & pepper to taste		

- 1 Prep salmon filet by feeling for "pin" bones. Remove any with a set of sterilized tweezers. Salt and pepper both sides of the filet.
- 2 Cut two pieces of heavy duty aluminum foil 4" longer than the piece of salmon. Brush each piece with a light coating of olive oil. Place first piece of foil on a baking sheet. For platter presentation, place salmon filet in the middle of first piece of the foil. For plating presentation, slice across the filet into six pieces. Then place all pieces in center of foil touching each other, so it looks like it was not sliced. Tuck under any skinny pieces of flesh to make the same thickness across the filet. For platter presentation, place thin lemon slices in a decorative manner on top of the salmon.
- 3 Cover with second piece of foil. With two pieces of foil together, fold over each side twice to form an airtight packet. Set aside.
- 4 Two cooking options: Slide foil packet onto a medium hot barbecue or place the baking sheet in a 350° oven for approximately 15 minutes. This could vary, based on the heat of the barbecue and the thickness of the fish. The salmon will be done when you see the foil puff up and steam may be escaping. You can check progress by opening a corner AWAY from your face very carefully, so that you can reclose, if not yet done. Be careful as steam will escape and can burn anything in its path. You will know the salmon is done when it is firm while pressing down on the fish. When done, remove from heat and keep enclosed until serving.

Servings: 6

## Nutrition Facts

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Nutrition (per serving): 299 calories, 168 calories from fat, 18.6g total fat, 89.2mg cholesterol, 137.8mg sodium, 559.6mg potassium, <1g carbohydrates, <1g fiber, <1g sugar, 30.1g protein.

## Source

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Author: Patricia K. Rose, 2007

