

Slow-Cooker Poached Salmon with Yogurt-Dill Sauce

0 comments

MAIN COURSES

FISH & SEAFOOD

SLOW COOKER

A cookbook recipe exclusively for All-Access members from [The Complete Slow Cooker](#)

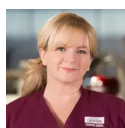
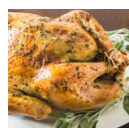
SERVES 4

TIME 1 to 2 hours on low

SLOW COOKER SIZE 4 to 7 quarts

WHY THIS RECIPE WORKS

A slow cooker is the perfect vehicle for poaching salmon, as it requires less monitoring than the classic stovetop method but yields comparable results with less chance of overcooking. To ensure success, we came up with a few tried-and-true techniques: A foil sling helped us with ease of removal once the fish was done, and elevating the fish on herb stems and citrus slices gave us more even cooking throughout. We used the aromatics in two ways: as a base to elevate the fish and as a component in the final sauce. [Read Less](#)



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Complete Thanksgiving Game Plan

GATHER YOUR INGREDIENTS

- ☐ 1 lemon, sliced 1/4 inch thick, plus 2 tablespoons lemon juice
- ☐ 2 tablespoons minced fresh dill, stems reserved
- ☐ 1/4 cup dry white wine
- ☐ 4 (6- to 8-ounce) skin-on salmon fillets, 1 to 1 1/2 inches thick
- ☐ Salt and pepper
- ☐ 1 cup plain whole-milk yogurt
- ☐ 2 garlic cloves, minced
- ☐ 1 cucumber, peeled, halved lengthwise, seeded, and sliced thin

View Nutritional Information

KEY EQUIPMENT



Mixing Bowls



Slow Cookers



Best Chef's Knives



BEFORE YOU BEGIN

Look for salmon fillets of similar thickness to ensure that they cook at the same rate. Leave the skin on the salmon to keep the bottom of the fillets from overcooking and to make it easier to skin the fillets once done. You will need an oval slow cooker for this recipe. Check the salmon's temperature after 1 hour of cooking and continue to monitor until it registers 135 degrees.



INSTRUCTIONS

Fold sheet of aluminum foil into 12 by 9-inch sling; press widthwise into slow cooker. Arrange lemon slices in single layer in bottom of prepared slow cooker. Scatter dill stems over lemon slices. Add wine to slow cooker, then add water until liquid level is even with lemon slices (about $\frac{1}{4}$ cup). Season salmon with salt and pepper; arrange skin side down in even layer on top of dill stems. Cover and cook until salmon is opaque throughout when checked with tip of paring knife and registers 135 degrees (for medium), 1 to 2 hours on low.

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Whisk yogurt, garlic, lemon juice, minced dill, 1/4 teaspoon salt, and 1/4 teaspoon pepper together in bowl. Stir in cucumber. Season with salt and pepper to taste. Using sling, transfer salmon to baking sheet. Gently lift and tilt fillets with spatula to remove dill stems and lemon slices; transfer to serving dish. Discard poaching liquid and remove any white albumin from salmon. Serve with sauce.

RECOMMENDED READING



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MY RATING



