

Slow-Cooker Poached Salmon With Tangerine and Ginger Salsa

0 comments

MAIN COURSES

FISH & SEAFOOD

SLOW COOKER

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

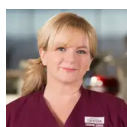
SERVES 4

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. Each salmon dish uses its aromatics in two ways: as a base to elevate the fish, and as a component in the final sauce, salsa, or relish. 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. [Read Less](#)



TRY THIS RECOMMENDED COOKING COURSE

Slow-Cooker Cassoulet

GATHER YOUR INGREDIENTS

- ☐ 4 tangerines
- ☐ 2 tablespoons minced fresh cilantro, stems reserved
- ☐ ¼ cup dry white wine
- ☐ 4 (6- to 8- ounce) skin-on salmon fillets, 1 to 1 1/2 inches thick
- ☐ Salt and pepper
- ☐ 2 tablespoons extra-virgin olive oil

☐ **1** tablespoon white wine vinegar

☐ **2** teaspoons grated fresh ginger

View Nutritional Information ⓘ

KEY EQUIPMENT



Mixing Bowls



Slow Cookers



Best Chef's Knives



BEFORE YOU BEGIN

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. Slice 1 tangerine $\frac{1}{4}$ inch thick; arrange slices in single layer in bottom of prepared slow cooker. Scatter cilantro stems over tangerine slices. Add wine to slow cooker, then add water until liquid level is even with tangerine slices (about $\frac{1}{4}$ cup). Season salmon with salt and pepper; arrange skin side down in even layer on top of cilantro 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.



Cut away peel and pith from remaining 3 tangerines. Cut tangerines into 8 wedges, then slice wedges crosswise into $\frac{1}{2}$ -inch-thick pieces. Combine tangerines and any accumulated juices, minced cilantro, oil, vinegar, and ginger in bowl. Season with salt and pepper to taste.

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Using sling, transfer salmon to baking sheet. Gently lift and tilt fillets with spatula to remove cilantro stems and tangerine slices; transfer to serving dish. Discard poaching liquid and remove any white albumin from salmon. Serve with salsa.

RECOMMENDED READING



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MY RATING



