

# Slow-Cooker Poached Salmon

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MAIN COURSES

FISH & SEAFOOD

FOR TWO

SLOW COOKER

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

SERVES 2

TIME 1 to 2 hours on low

SLOW COOKER SIZE 3½ to 7 quarts



## WHY THIS RECIPE WORKS

Rather than poach our salmon on the stovetop, where we'd have to carefully monitor the heat level, we decided to move this dish to the slow cooker to take advantage of its walk-away convenience. We started with two salmon fillets and kept the flavor profile simple, pairing our fish with lemon and dill for subtle flavor. To prevent the bottom of our salmon from overcooking, we rested our fillets on lemon slices and dill stems, then added a small amount of wine and water to the slow cooker to create a moist cooking environment. A foil sling made it easy to remove the delicate salmon from the slow cooker without the fillets breaking apart. For a simple serving sauce, we combined sour cream and Dijon mustard with more lemon and dill. [Read Less](#)



## TRY THIS RECOMMENDED COOKING COURSE

Slow-Cooker Cassoulet

### GATHER YOUR INGREDIENTS

- ☐ 1 lemon, sliced  $\frac{1}{4}$  inch thick, plus 1 tablespoon lemon juice
- ☐  $1\frac{1}{2}$  teaspoons minced fresh dill, stems reserved
- ☐  $\frac{1}{4}$  cup dry white wine
- ☐ 2 (6- to 8-ounce) skin-on salmon fillets, 1 to  $1\frac{1}{2}$  inches thick
- ☐ Salt and pepper
- ☐  $\frac{1}{4}$  cup sour cream
- ☐ 1 teaspoon Dijon mustard

[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.

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## INSTRUCTIONS

1. Fold sheet of aluminum foil into 12 by 9-inch sling and 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 and arrange skin side down in even layer on top of herb 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.

2

Combine lemon juice, minced dill, sour cream, and mustard in bowl. 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.

### Making a Foil Sling

## RECOMMENDED READING



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## MY RATING

