

Poached salmon Niçoise

SERVES 6 to 8 TIME About 1 hour

2 bay leaves

1 tbsp. kosher salt

10 black peppercorns

2 cups white wine

2 lbs. skin-on wild salmon fillet pieces (1 to 1½ in. thick)

3 garlic cloves, minced

1 tbsp. whole-grain mustard

5 tbsp. Champagne vinegar

2/3 cup extra-virgin olive oil

2 tbsp. each chopped flat-leaf parsley and basil

Sea salt to taste

2 large bunches watercress, root ends trimmed, leaving stems intact

10 small yellow-skinned new potatoes, boiled until tender and cut in half

4 hard-cooked eggs, cut into quarters

1/4 lb. haricots verts (French green beans) or regular green beans, trimmed and boiled until tender-crisp

1/2 cup pitted Niçoise olives

3 Roma tomatoes, cut into lengthwise wedges

1. To a large roasting pan, add bay leaves, kosher salt, peppercorns, and wine. Add salmon and enough water to cover.

2. Remove salmon and set aside; bring

liquid to a boil, covered. Reduce to a simmer, then gently slide salmon into liquid and simmer 10 to 15 minutes, covered, until salmon is just opaque.

3. While salmon is cooking, make the dressing: In a small bowl, whisk together garlic, mustard, and vinegar. Gradually whisk in oil until dressing is emulsified. Whisk in herbs and season with sea salt.

4. Using 2 spatulas, remove salmon, place on a cooling rack set on a sheet pan, and chill 10 minutes, loosely covered with foil. Discard poaching liquid.

5. Remove salmon from refrigerator and break into large pieces, discarding skin. On a very large serving platter, top watercress with pieces of fish, potatoes, eggs, green beans, olives, and tomatoes. Drizzle dressing over everything and serve immediately, accompanied by crusty bread.

PER SERVING 547 CAL., 51% (277 CAL.) FROM FAT; 35 G PROTEIN; 32 G FAT (4.8 G SAT.); 30 G CARBO (4.5 G FIBER); 396 MG SODIUM; 178 MG CHOL.