

# RED BICYCLETTE

## Cold Poached Salmon with Basil Pesto

### **For the pesto:**

1c Basil leaves, tightly packed  
1/4 c Olive oil  
2T Pine nuts  
1/4 t Salt  
1/4 t Ground black pepper  
1T Lemon juice

### **For the salmon:**

1 1/2 c Water, for boiling  
3 Shallots, thinly sliced  
1 Carrot, peeled and thinly sliced  
4 3-inch sprigs of parsley  
2 Strips, lemon peel  
1 Clove garlic, peeled and thinly sliced  
2 1/2 lb. Salmon fillets

### **Directions**

Place all pesto ingredients in a food mill or processor and process until smooth, then place in refrigerator. In a large skillet, bring water to boil over medium-high heat. Add the shallots, carrot slices, parsley, lemon peel and garlic to the water and cook for 1 minute. Place salmon fillets in the water, skin-side down, cover pan, and allow to simmer for 4 minutes. Gently turn over each fillet and continue simmering, covered, for 1 minute more. Remove skillet from heat and let cool for 5 minutes, while skillet is covered. Place in refrigerator for 1/2 hour or until fillets are cool to the touch. To serve, spread pesto generously on top of fillets and place on a serving plate. Arrange the carrot slices, shallots, and garlic slices around the fillets and serve.

Serves 4

***Delicious, when paired with Red Bicyclette® Rose***