CITRUS POACHED SALMON WITH CUCUMBER-YOGURT SAUCE

SERVES 6

1 ½ cups dry white wine
3 cups water
Juice of ½ lemon
Juice of ½ orange
½ lemon, sliced
½ orange, sliced
Few sprigs of parsley
Few sprigs of dill
1 24-ounce side of wild salmon, cut into individual portions
Sea salt to taste
Cucumber-Yogurt Sauce (recipe follows)

1. Place all the ingredients except salmon, salt and sauce in a large, deep skillet, preferably one with straight sides and a lid. Bring to a simmer.

2. Season salmon with sea salt to taste. Gently transfer the salmon pieces to the pan, skin side down, beginning with the thickest pieces and ending with the thinnest. Cover the skillet and simmer over low heat until the salmon is just cooked through, about 5-6 minutes, longer for thicker fillets. Do not boil.

3. Transfer the salmon by removing the thinnest piece first and the thickest piece last. Allow to cool slightly and serve immediately with cucumber-yogurt sauce or cover and refrigerate until cold.
CUCUMBER-YOGURT SAUCE

¾ cup Greek yogurt (I like full fat.)
½ cup grated unpeeled cucumber, such as Persian, Japanese or English
2 Tablespoons chopped fresh dill or mint
1 small clove garlic, crushed
2 teaspoons drained capers
1 teaspoon unseasoned rice vinegar or white wine vinegar
¾ teaspoon fine grain sea salt
a few grinds of black pepper

Combine all ingredients in a small serving bowl. Cover and chill until cold.