

# Selena + ADRIENNE CHEATHAM

EPISODE 6

## INGREDIENTS

### For Poaching the Salmon

1 cup white cooking wine

1 shallot, chopped small

4 cup water

1 lb salmon, skin removed,  
cut into roughly 1" pieces

### For the croquettes

6 Saltine crackers

½ sweet onion, roughly  
chopped

¼ green bell pepper,  
roughly chopped

3-4 sprigs parsley, stems  
included, roughly chopped

1 tsp Worcestershire sauce

½ tsp salt

Freshly ground black  
pepper

1 egg, beaten

Zest of ½ lemon

\*Optional – pinch of red  
pepper flakes

AP flour, if needed

Osetra caviar, for serving

Chives, for serving



## POACHED SALMON CROQUETTES

### DIRECTIONS:

#### For Poaching the Salmon

1. In a medium-sized pot, combine the cooking wine, chopped shallot, and about 4 cups of water.  
liquid and stir to make sure they're not sticking together. Cook the salmon for about 2 minutes.
2. Bring this to a boil over medium-high heat and let boil for a minute. While waiting for the water to boil, get a slotted spoon and line a tray with paper towels. Once the salmon goes in, you have to be ready!
3. Add the cubes of salmon to the boiling
4. Take one piece out and pull it open, the center should still be raw/rare and look like a bullseye with the light pink cooked outside getting darker to the rare center. If the rare part is small in the center (about ¼"), remove all of the salmon immediately and place it on the paper towel-

lined tray to drain and cool. If the rare center is large (½" or more), let the salmon cook for another 1-2 minutes. Remember, the salmon will continue cooking when you take it out, and it will get cooked again in croquette form. If it's cooked all the way through on the poach it will get dry. You will need a "spider" or wire, long-handled scoop to lift the salmon out.



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## Poached Salmon Croquettes continued:

### For the croquettes

1. While the salmon cools, prepare the other croquette ingredients.
2. Crush the crackers by hand into a medium-sized bowl. You should have a mix of crumbs and shards, but make sure the larger pieces are no larger than  $\frac{1}{8}$ ". Set aside.
3. Heat a cast-iron pan over medium-low heat.
4. Meanwhile, in a small processor, combine the chopped onion, green bell pepper, and parsley. Pulse a few times to chop small, and combine.
5. Add a drizzle of vegetable oil to the heated pan and add the onion mixture. Season with a little salt and pepper, and cook, stirring occasionally until the liquid is almost completely evaporated and the vegetables have that translucent, sweated look. Add to the bowl with the crackers, wipe the pan with a paper towel, and keep it to cook the croquettes later.
6. Add the remaining ingredients and cooked salmon to the bowl and fold to incorporate. You also want to break up the salmon while folding, so everything gets seasoned/ incorporated evenly.
7. Let the mixture stand, refrigerated for 10 minutes so the crackers can soak up the excess moisture.
8. After resting, the mixture should be a little moist. Test it by squeezing a small amount in your hand, if it won't hold together add 1-2 tbsp of flour or a couple more crackers. This mixture can be made and refrigerated at this point overnight for cooking the next day.
9. Re-heat your pan over medium-high heat.
10. Add oil to just coat the bottom of the pan. When oil is just starting to smoke, place a few of the salmon patties inside, making sure to not crowd the pan. The patties should have a little space between them.
11. Cook on each side for 2-3 minutes or until nicely browned, then drain on paper towels (or newspaper) and serve while hot.