



Poached Fish in Clam Broth

Poached Fish is a flavorful and healthy recipe when made with clam broth as a court bouillon. Serve with your favorite vegetables, or for a more luscious dish, serve with our Sauce Allemande recipe.

In a poaching pot, dissolve 2 envelopes St. Ours Clam Broth in 2 cups of hot water, add 1 cup white wine, heat the broth to 160°F. Choose a lean fish fillet, make shallow slits in the skin to aid poaching. Place a rack in the bottom of the poaching pot, add the fish skin side down, remove excess broth if it goes over the top of the fish, cover the pot. Fish that is 1" thick should cook in 6 minutes. To poach a whole fish, make shallow slits in the skin. Place fish on a rack in a poaching pot, add cooled St. Ours Clam poaching broth mixed with 1 cup white wine, enough to cover the fish. Heat until the broth reaches 160°F, then cook for 6 minutes per inch of fish measured at the thickest point. Wine is optional.

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