
BUTTER POACHED CANADIAN SALMON

Ingredients:

- 1 piece of salmon, skin on (small enough to be seared)
- Meat Church Texas Sugar BBQ Rub (sub The Gospel, Holy Voodoo or Honey Hog)
- 3 1/2 sticks of unsalted butter (1¾ cup)
- 1 small shallot, diced
- 3-4 garlic cloves, minced
- 1 tablespoon, chives, minced
- 1 small lemon

Tools:

- 1 small pan to sear the salmon
- 1 small cast iron pan to butter poach
- Instant read thermometer
- Traeger Grill

Method:

- 1. Prepare your smoker or pellet grill.** Prepare your smoker to a temperature of 300°. Matt used a Traeger Timberline XL with alder pellets. Maple or fruit woods also pair nicely with fish while not being overpowering. However, this cook is so short and in butter that wood choice is not as important as it typically can be.
- 2. Prepare the Salmon.** Season the salmon lightly with Texas Sugar BBQ Rub. Allow to adhere for 15 minutes.
- 3. Prepare the pan that will be used to butter poach.** Prepare a cast iron pan over medium heat with a pat of butter. Matt used a small Griswold #5 pan in this [video](#). After the butter melts, sauté the shallot and garlic until translucent. Place that pan in the smoker and add 3 sticks of butter. If you are using a bigger pan you may need to add more butter as the goal is to submerge the salmon, all the way up to the skin. Add the chives, juice of half a lemon and stir.
- 4. Prepare the pan that will be used to sear.** If you are using skin on salmon and desire to eat the skin, prepare a small pan to sear the salmon over medium high heat. Apply a high heat cooking spray or oil.
- 5. Sear the Salmon.** Place the salmon skin side down for approximately 2 minutes to sear it. Remove the salmon from the pan.
- 6. Poach the Salmon.** Place the seared salmon flesh side down (skin up) in the butter. The goal is to submerge the flesh completely while not covering the seared skin. Using your instant read thermometer, cook the fish until 120° F internal temperature in the thickest part or your desired internal temperature.
- 7. Remove the salmon, top with additional lemon juice and enjoy!**

Watch Matt's Youtube video [here](#).

See more delicious recipes and award-winning BBQ supplies from Matt and Meat Church [here](#).



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