

POACHING



- Add water/court bouillon to a large pan and simmer
- Rinse seafood under COLD water to remove any ice glaze
- Turn off the heat and add seafood to liquid, skin side down
- Return heat to a simmer – liquid should simmer, not boil
- Once simmering, cover pan tightly and cook 4 to 5 minutes
- Turn off the heat and let the seafood rest 5 minutes
- Remove from heat just as soon as seafood is opaque throughout

