

Poached Grouper with Dill Sauce

ANOTHER FRESH SEAFOOD IDEA

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Many people think that poaching is a mysterious and difficult way to cook. In reality, poaching is one of the easiest cooking methods. And it certainly produces some of the most delicious fish you'll ever eat.

- 3 small grouper fillets
- 6 cups water
- 1 teaspoon salt
- 1/2 cup thinly sliced carrots
- 1 large onion, chopped
- 1/2 cup green onion, thinly sliced
- 1/2 teaspoon dried thyme
- 1/2 teaspoon dried tarragon
- 2 small bay leaves
- 4 springs fresh parsley
- 1/2 teaspoon black peppercorns
- 1 lemon, sliced

Combine ingredients for poaching liquid in fish poacher or large, shallow pan. Bring to boil. Reduce heat, partially cover and simmer for 30 minutes. While liquid is simmering, prepare Dill Sauce.

Place fillets in liquid, submerging entirely. Poach until fish flakes easily when tested with a fork, about 15 minutes. Gently remove to serving platter. Spread Dill Sauce over fish. Serves 6.

Dill Sauce:

- 1 cup sour cream
- 1/2 cup mayonnaise
- 3 tablespoons minced, fresh dill
- 1/2 teaspoon minced garlic
- 1 teaspoon fresh lemon juice
- 1/2 teaspoon freshly ground white pepper

In small bowl, combine sour cream and mayonnaise. Add dill, garlic, lemon juice and pepper and blend well. Spread on hot fish.

From: [Mariner's Menu: 30 Years of Fresh Seafood Ideas](#)

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