



Poached Salmon

Salmon very gently cooked in a white wine and herb flavoured liquid. A quick, nutritious way of serving fish. Any firm fleshed fish can be used.

Serves : 4

Ingredients

4 Salmon fillets (or other fish)
4 fl oz / 120 ml white wine
2 fl oz / 55 ml water
1 small onion sliced
1 carrot, peeled and sliced

Herbs & Spices

1 Bouquet Garni for Fish
1 tsp Peppercorns Mixed

Cooking Instructions

Place the onion, carrot, bouquet garni, peppercorns, wine and water into a frying pan that has a tight fitting lid. Gently heat the water and wine. and allow to simmer for a few minutes with the lid on so that the vegetable and herb flavours to develop.

With the liquid barely simmering, place the fish fillets in the liquid skin side down. Splash some of the liquid over the top of each fillet, then put the lid on and leave over a very gentle heat to poach for 4 - 5 minutes. The exact time will depend on the thickness of your fillets.

Serve immediately