

Poached Salmon

Makes 6-8 servings

Yes, you can poach a delicate salmon in our oven!

Ingredients

5 cloves	Garlic
5 slices	Fresh Ginger -1/4 inch thick
3 each	Bay Leaves
2 C	White Wine
6 C	Water
1 each	Lemon –cut in half
2#	Wild King or Sockeye Salmon –Fillet and remove the pin-bones, leave skin intact

Method - Preheat to 500-550 degrees

- Put the first 6 ingredients into a large sauce pot and bring to a simmer. Simmer 5 minutes and turn off the heat; let it cool.
- Cut the salmon into 6 equal pieces.
- In a large, shallow sauté pan or braising pan, add the salmon and pour the poaching liquid over the top (it should almost cover the salmon). Cover and put in the oven for 5-6 minutes or until the salmon is firm to the touch.
- With a slotted spoon, remove each fillet to a large platter.



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Laura Dewell, October 2006