

Poached Salmon

1 pound salmon fillet (4oz per person)
½ cup dry white wine (substitute: vegetable/chicken stock or water)
1 lemon, cut into slices
2 to 3 sprigs of fresh dill
1 tablespoon of fresh chopped dill
1 tablespoon olive oil
Salt and freshly ground black pepper

Directions

Heat oven to oven to 350 degrees

Place lemon slices and dill on the bottom of a large baking dish.

Rub both sides of salmon with olive oil and season with salt and pepper. Arrange on top of lemon slices and dill. Scatter chopped dill on to the top of the salmon.

Add wine (or stock/water) and cover with aluminum foil.

Bake for 20 to 25 minutes. (Cooking time may vary depending on the thickness of your salmon, so you can tell the fish is done when it is easily flaked with a fork).

This is great served warm or chilled on salad, but I love it best served ambient over raw fennel!!!