

Poached Salmon

Serves 2

- Salmon filets
- 1 carrot, sliced
- 1 small onion, sliced
- 1 stalk celery, sliced
- 2 slices lemon
- Several sprigs of parsley
- 6 bay leaves
- Salt to taste
- 240 ml dry white wine
- Juice of half a lemon



1. Place in large skillet the **carrot, onion, celery, lemon, parsley** and **bay leaves**.
2. Add the **fish**, cold water to cover, **salt** to taste, **wine** and **lemon juice**.
3. Bring water to boil, uncovered.
4. Adjust heat to simmer and let fish **cook for 5 minutes**.
5. Turn off heat and **leave fish undisturbed for 10 minutes**.
6. Remove it carefully to serving platter. Serve with hot or cold.