

From the book "Man Can Cook"
By Robert Sturm



4 minutes Salmon

Ingredients

4 oz. Salmon Filet, $\frac{1}{2}$ " – $\frac{3}{4}$ " thin
1 tsp. Olive Oil
 $\frac{1}{2}$ tsp. All Purpose Seasoning
4 oz. "Holy Water" (2 oz. water & 2 oz. White Wine, cooking)
4 Cherry Tomatoes, cut in half
4 Zucchini, slices
4 Garlic Clove, cut in fourths
4 Sprigs Dill
4 Peppercorns, black or white
1 Spring Onion, cut in fourths

Directions

Place "Holy Water" in pan. Add spring onion, tomatoes, zucchini, garlic and peppercorns. Rub salmon with oil and seasoning. Place on top of vegetables in pan. Place dill on top of salmon. Place lid on pan. Turn stove on "HIGH" heat. Cook 4 minutes. Remove lid. Serve.

*** Cook longer for a thicker piece of salmon