

Yield : Single Serving

Poached Salmon

- Skin salmon, slice into 1-1/4" filets, sprinkle with a little salt.
- Pour water into bottom of poaching pan, add 1/2 bottle of white wine.
- Place in a 450 degree oven to preheat poaching liquid.
- Place salmon onto a sprayed rack and place into the poaching pan.
- Close door, turn off oven and cook for 20 minutes. Remove pan from oven, remove rack with salmon and with large spatula or pizza peel, transfer salmon to serving dish.