

White Wine Poached Salmon

Ingredients

1/2 cup Dry White Wine
1/2 cup Water
2 lbs Salmon Portions
2 tbsp Butter, softened
1 1/2 tsp dried Parsley

1 1/2 tsp chopped Parsley
Salt & Pepper to taste

Directions

Heat wine & water over medium high heat in a large, non-stick skillet for 5 minutes.

Slide salmon into liquid and dot with butter. Sprinkle with dried parsley, garlic, salt & pepper.

Bring to a slow boil, reduce heat to medium and poach until salmon flesh is firm, about 10—15 minutes.

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