

Poached salmon

Salmon steaks poached in olive oil and white wine.

The origins of this simple recipe are lost in the mists of time.

Ingredients

- 1 per person salmon steaks
- 25 ml Zaytoun **FAIRTRADE** olive oil
- 25 ml **FAIRTRADE** white wine
- 2 **FAIRTRADE** lemons

Method

Preparation

Slice one lemon for decoration.

Quarter one lemon for squeezing.

Cooking

Pre-heat the oven to Gas Mark 4.

Mix the olive oil and white wine and pour them into a casserole dish.

Lay the salmon steaks in the dish skin side down.

Lay the lemon slices on the salmon covering as much salmon as feasible.

Cover the dish with aluminium foil

Bake in the oven for 30 minutes.

Serve

Serve hot with vegetables, and the rest of the wine, and the lemon quarter for squeezing.