

S I M P L E P O A C H E D S A L M O N

INGREDIENTS:

- 2 carrots, cut into 1-inch pieces
- 1 celery stalk, cut into 1-inch pieces
- 1 small onion, peeled and halved
- ½ lemon, thinly sliced
- Coarse salt
- 4 skinless salmon fillets (6 ounces each and about 1 inch thick)

DIRECTIONS:

1. Simmer poaching liquid: In a large, deep, straight-sided skillet or heavy pot, combine carrots, celery, onion, lemon, 1 1/2 teaspoons salt, and 6 cups water. Bring to a boil; reduce to a simmer, cover, and cook 8 minutes.
2. Add salmon to poaching liquid: Season salmon with salt and gently lower into simmering liquid (liquid should just cover fish). Reduce to a very gentle simmer.
3. Cook salmon: Cover and cook until salmon is opaque throughout, about 5 minutes (longer for thicker fillets).
4. Remove and serve: Using a wide slotted spatula, remove salmon from liquid before serving.