



## Poached Salmon with Herbs de Provence

A delicious recipe using your favourite fresh fish and products from the Dundarave Fish Market!

Serves: 4-6 people

Ready in: 30 minutes

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## Fresh Seafood

2lb Salmon (spring or sockeye) fillet



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## Ingredients

dry white wine (or water)  
lemon juice  
butter  
milk  
salt  
freshly ground pepper  
1 onion, sliced thinly  
herbs de provence

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## Instructions

1. Place salmon fillets in 1 inch/ 2.5 cm. of dry white wine or water in the bottom of a baking pan. Sprinkle with lemon juice and dot with butter.
2. Sprinkle with herbs de provence, salt and pepper. Cover with onion. Cover with lid or aluminum foil and bake in over at 375 F/190 C for 15-20 minutes.
3. Serve with fresh steamed asparagus or any green vegetable.