

Poached Salmon by Mitch

Can be served hot or cold. My preference is cold.

- One or two, or as many as you want, salmon filets.
 - One large pan, skillet or other deep range top usable utensil.
1. Slice thin, onions, carrots celery and garlic to cover bottom of cooking utensil.
 2. Place cheesecloth or grating over vegetables. This is to simplify removing the filet from the utensil when done.
 3. Place filet(s) in utensil.
 4. Pour in one cup chablis or similar wine. More, if you are cooking multiple filets.
 5. Fill utensil with sufficient water to cover the fish.
 6. Bring to a boil.
 7. Reduce heat slightly to simmer (slow rolling boil) for about 20 to 30 minutes.
 8. Remove fish from utensil very carefully and place in flat dish.
 9. Place vegetables and as much liquid as is possible in large pot and boil until liquid is reduced to about one third.
 10. Remove vegetables from liquid and discard liquid.
 11. If to be served cold, place fish and vegetables in refrigerator overnight.
 12. Place fish in large platter over lettuce leaves.
 13. Decorate with lemon slices and sprinkles of paprika.

For dressing:

1. Place vegetables in food processor.
2. Add about $\frac{1}{5}$ volume of white horseradish and $\frac{1}{4}$ cup mayonnaise to vegetables & puree.

Bon appetit!