

BAKED POACHED SALMON

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Makes 4 Servings

Preparation: 2 min , Cook Time: 15-20 min



1 large salmon filet (about 3 lbs)
1/2 stick of melted butter
1/2 cup or more dry white wine
lemon slices
lemon juice
handful capers

This recipe is soooooo simple to make, it only takes minutes to assemble and bake till it's done. I usually make this when Salmon is on sale. Always check for bones. They would be in the center of the steak. Just rub your finger nail over it. If you find any, just remove with tweezers. Most of the time the Seafood sections sell them already deboned. I like to buy mine in a large filet, WITH the skin on. I find that the skin ADDS to the flavor, and while baking in this large size, the Salmon retains its flavor inside. You can tell that it is done by the light pinkness of the filet.

Just put the Salmon down on heavy duty tin foil, skin side down. Pour over melted Butter, White Wine and Lemon juice. Top with a handful of Capers and slices of Lemons. Gently wrap up using the sides of the tin foil, as though to create a tent. Bake 350°F for about 15 min, or until Salmon is a light pink in color.

Unwrap the tent & and plate and serve. See how light pink the meat is? That shows that it is done. You've baked AND poached (in liquid) the Salmon. Make sure you get all those juices too.

Farm raised Salmon (thicker) takes the full 15 min or more. Wild Caught Salmon (thinner, and more robustly red when raw) cooks much quicker, 10 min or so.

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