

EASY POACHED SALMON

Preparation: **45** mins. | Cooking: **1** hour | Servings: **8**

INGREDIENTS

8 whole peppercorns
6 cups water
4 sprigs fresh parsley
2 celery ribs, chopped
1 medium onion, chopped
1 bay leaf
1 salmon fillet (3 pounds)
1/2 cup dry white wine
1 tbsp. soy sauce
Lemon slices and fresh dill



INSTRUCTIONS

In a large saucepan, combine the first 8 ingredients. Bring to a boil; reduce heat. Simmer, covered, 30 minutes. Strain, discarding vegetables and spices. Cut three 20x3-inch strips of heavy-duty foil; crisscross so they resemble spokes of a wheel. Place strips on bottom and up sides of a 7-quart oval slow cooker. Pour poaching liquid into slow cooker. Carefully add salmon. Cook, covered, on high 60-70 minutes or just until fish flakes easily with a fork (a thermometer inserted in fish should read at least 145°). Using foil strips as handles, remove salmon from cooking liquid. Serve warm or cold, with lemon and dill.