

Poached salmon with fresh herb salad

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Gently cooking salmon in a savoury stock keeps the fish moist and tender. Serve it warm or chilled with the salad of fresh herbs.

Ingredients (serves 4)

- 4 x 100 g salmon fillet, skinned
- 1 tsp plus a pinch of salt, divided
- 2 cups dry white wine
- 2 cups water
- 10 whole black peppercorns
- ¼ tsp crushed red pepper
- 1 bunch fresh mint
- 1 bunch flat-leaf parsley
- 1/3 cup thinly sliced shallot
- 2 tbsp extra-virgin olive oil
- Juice of 1 lemon, divided

Method

Season [salmon](#) with one teaspoon salt. Bring wine, water, peppercorns and crushed red pepper to a

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simmer in a large saucepan. Reduce the heat so the liquid is steaming, but not bubbling. Place the salmon in the steaming liquid (the fillets will fit tightly) and cook very gently until just cooked through, six to 10 minutes. Remove the salmon from the liquid.

Toss mint and parsley leaves, shallot, oil and one tablespoon lemon juice in a medium bowl. Season with a pinch of salt. Drizzle the salmon with the remaining lemon juice and serve with the salad.

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