

## Cold Poached Salmon

2 cups water  
1 cup dry white wine or water  
½ tsp salt  
1 sprig fresh or ¼ tsp dried thyme leaves  
1 sprig fresh or ¼ tsp dried tarragon leaves  
5 peppercorns  
4 fresh parsley sprigs  
1 small onion, sliced  
1 stalk celery (with leaves), chopped  
1 bay leaf  
4 small Oregon Troll-Caught Salmon steaks, 1 inch thick  
Green Sauce (see below)

Heat water, wine, salt, thyme, tarragon, peppercorns, parsley, onion, celery, and bay leaf to boiling in 12-inch skillet; reduce heat. Cover and simmer 5 minutes. Place fish steaks in skillet. Add water, if necessary, to cover. Heat to boiling; reduce heat. Simmer uncovered 12-15 minutes or until fish flakes easily with fork.

Carefully remove fish with slotted spatula; drain on wire rack. Carefully remove skin if desired. Cover and refrigerate about 4 hours or until chilled. Serve fish with Green Sauce.

### Green Sauce

1 cup fresh parsley sprigs  
1½ cups large curd cottage cheese  
1 Tbsp lemon juice  
1 Tbsp milk  
2 tsp chopped fresh or ½ tsp dried basil leaves  
½ tsp salt  
1/8 tsp pepper  
4 to 6 drops red pepper sauce

Place all ingredients in blender or food processor. Cover and blend on high speed about 3 minutes, stopping blender occasionally to scrape sides, or process, until smooth.