

Oregon Trollers Poached Salmon

2 lbs Oregon Troll-Caught Salmon fillet
1 qt. water or just enough to cover salmon
½ medium onion, sliced
3 Tbsp lemon juice
1 bay leaf
½ cup white wine (optional)

Simmer everything except the salmon for 20-30 minutes in a covered skillet or dutch oven to blend flavors. Add salmon, adjust heat to just below boiling. Cover and cook by the 10-minute rule (or 10 minutes per each inch of thickness of the salmon measured at the thickest part.) Check for doneness by separating the meat and looking for an opaque light pink color throughout. Do not overcook. Lift salmon with a wide spatula and serve immediately.