

WE HOPE YOU WILL ENJOY THIS TASTY MEAL

### Poached Salmon, Asian Style

Submitted by Frances Nishakawa of Gardena, Ca

#### Ingredients:

- 1 lb. salmon filet
- 1 t salt
- 1/2 t white pepper
- 2 - 3 green onions, chopped
- 1 T fresh ginger, peeled & chopped
- 1 t salt, or to taste
- 2 T canola oil
- 1 T Asian sesame oil

Bring to a simmer about a quart of water (or enough to cover fish) in a skillet.

Rub salmon with salt and pepper. Add salmon, skin side down, to water. Simmer 2 - 3 minutes, cover tightly, and turn off heat. Let sit for 10 minutes.

Combine the chopped green onions, chopped ginger, and salt in a small bowl. In a small pan, heat the canola oil and sesame oil until almost to the smoking point.

Remove salmon from the water and place on a platter. Sprinkle the green onion mixture on top and pour the hot oil over it. Serve immediately.

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