

FJORD

FISH MARKET



Poached Salmon

Ingredients

- ½ lb. of salmon fillet
- 3 slices of lemon
- 2 tbsp. of pickling spice
- 1 cucumber
- Dill sauce

Instructions

Bring two inches of water to boil in a pan. Then reduce heat to medium.

Add pickling spice and lemon.

Carefully submerge salmon fillet into the pan.

Let it simmer for 7 minutes.

Remove and serve with cucumber, dill sauce, and lemon.