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TRADITIONALLY POACHED SALMON STEAKS

Recipe used in cooking classes by Susan Brooking

Serves 4

6 cups poaching liquid (light vegetable stock, fish stock or court bouillon, recipe included)

4 - 6 oz. salmon steaks, made into compact packages (see notes)

- In a medium sauté pan bring poaching liquid to a boil. Slip the salmon steaks into the poaching liquid. The poaching liquid should cover the salmon steaks by 1/2". Simmer uncovered for 2 minutes. Remove pan from heat and cover. Let salmon steaks remain in poaching liquid for 10 minutes. Carefully remove salmon steaks from the poaching liquid and drain.

Salmon may be served hot, room temperature or chilled for later use.

Serving suggestions: Cold on a bed of greens topped with your favorite CALIFORNIA OLIVE RANCH EXTRA VIRGIN OLIVE OIL or favorite sauce; flaked and added to a favorite pasta dish; deviled and used as a spread or in a sandwich; flaked and added to scrambled eggs.

QUICK COURT BOUILLON

2 quarts water
6 sprigs fresh flat leaf parsley
1 bay leaf
4 sprigs thyme
1 stalk celery, sliced into 4 sections, or some celery leaves
1 carrot, sliced into 4 sections
10 cracked peppercorns
6 anise or fennel seeds, crushed, or a stalk of fennel, chopped
1 small onion, peeled and quartered
1 cup dry white wine or 1/4 cup vinegar or lemon juice

Bring all ingredients to a boil, simmer 20 minutes. Strain.

After using as a poaching liquid, freeze for future use as poaching liquid or fish soup base. May be used again and again.

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