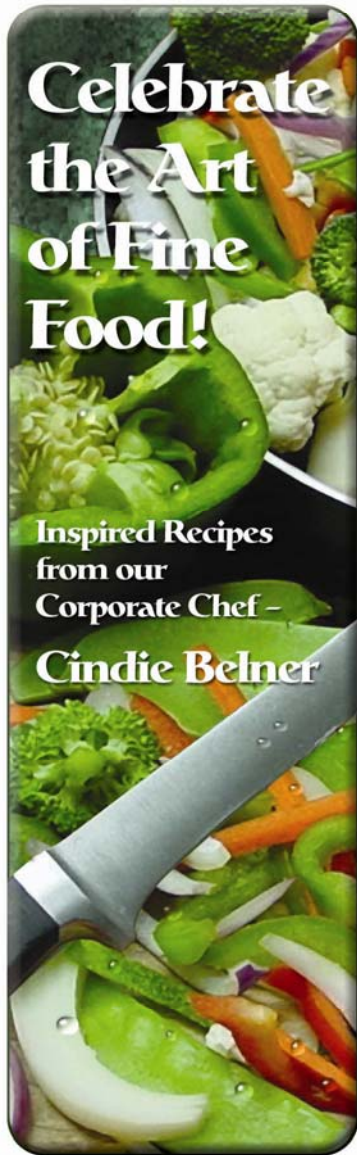


Cindie Belner
Corporate Chef
cindie@gofresh-precut.com



SKEWERED POACHED SALMON

Ingredients:

- 4 Cups of water
- ½ Cup white wine
- 6 ¼" lemon slices (#7735780)
- 15 Whole black peppercorns
- 3 Bay leaves
- 2 Cups of onion, carrot, & celery diced (#8140022)
- 4 Tablespoons of fresh dill roughly chopped
- 4 - 6 oz. Salmon filets
- 2 tsp. Salt
- Pepper fresh-cracked to taste

Place all the ingredients except salmon, dill, salt and pepper in a saucepan & cover. Bring to a boil, reduce heat simmer for 30 minutes. Season salmon filets with dill, salt, and pepper. Cut into cubes and place on skewers, about 3 pieces on each skewer. Reduce heat to low, place skewers in pot. Cover and cook 2 minutes. Remove from liquid and serve.

Makes 4 Servings.



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For Questions or Additional Information:

G.O. Fresh Chef, Cindie Belner has cooked up a wealth of menu ideas and recipes to help inspire busy chefs. Contact Cindie for other creations designed to help foodservice operators succeed with customer-pleasing taste sensations. Call 1-800-328-0797, or send an email to cindie@gofresh-precut.com and start receiving her fresh, new recipes automatically.