

# Poached Salmon

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*This delicate salmon dish is as easy to make as it is delicious. Salmon fillets are poached in milk and herbs for a savory and creamy salmon meal that is melt-in-your-mouth delectable. Serve over fresh vegetables for a wonderful dinner treat.*

## Ingredients:

1-5 oz salmon fillet.  
1/2 cp half and half or milk  
1/2 t chives, basil OR dill  
Salt to taste

## Directions:

1. Preheat oven to (350).
2. Place salmon fillets in small ovenproof dish and pour in milk so that fish is half immersed. Sprinkle with herbs and salt.
3. Bake 30 minutes, basting occasionally with the milk sauce. Fish should be cooked until pale pink in the middle.
4. Serve immediately.