

Oven Poached Salmon

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Recipe source: [The Chopping Block \(Chicago\)](#)

INGREDIENTS:

- 6 salmon filets (about 6 ounces each), skinned
- About 2 cups white wine
- About 2 cups water
- Fine sea salt, to taste
- Espellette pepper, to taste
- Freshly ground black pepper, to taste



DIRECTIONS:

- Place salmon filets, not touching, in a ceramic baking dish.
- Add equal parts wine and water until liquid reaches 1/3 of the way up sides of fish.
- Sprinkle filets with salt and peppers.
- Bake in preheated 400° oven until just opaque but not flaking, about 8 to 10 minutes per inch of thickness.
- Remove from liquid with a slotted spatula and serve.

Serves: 6