



Poached Salmon with Lemon, Mustard & Dill Sauce

From dulcetcuisine.com

- 2 -6 oz salmon skinless fillets
- 1/3 c white wine & 1/4 c water
- 1/2 onion, diced
- 1 T capers, drained
- 1/2 c Dulcet Lemon Mustard & Dill Sauce*
- 2 T sour cream (optional)

1. Season both sides of fish with salt & pepper.
2. Place medium sized sauté pan over medium high heat.
3. Add the onion, wine and water to the pan creating a bed with the onions, place the salmon on top of the onions.
5. Cover the pan and cook for 8 minutes or until just cooked thru.
6. Place fish on serving platter and cover with foil.
7. Boil liquids in the pan until reduced to 2 T.
8. Add the capers, the Lemon Mustard & Dill Sauce and sour cream if using and cook until heated through.
9. Pour the sauce over the salmon fillets and serve.

Serves 2

* Dulcet Lemon Mustard & Dill Sauce is gluten-free.

Notes: _____
