

Tasmania, Part Two **Poached Salmon**

Ingredients:

Half bottle of House of Arras sparkling white wine
Salmon pieces, skin off
1 bunch spring onions, chopped
Kaffir lime
1 bulb Fennel, chopped
Pepper

Method:

Pour wine into a deep, hot saucepan. Bring it to the boil, and then turn down to a simmer.

Add salmon pieces, spring onion, fennel, and kaffir lime to the pan. Season with pepper.

Cook for six to eight minutes each side. Be sure not to overcook it. Serve with salad or vegetables.

The two Michaels poached this dish using a delicious House of Arras Sparking Wine.

