

Hen Harrier Poached Salmon

Ingredients:

2 x 8oz salmon fillets

½ pint Hen Harrier

1 bay leaf

2 slices of lemon

Salt and pepper

Method:

1. Take a frying pan and put the Hen Harrier, bay leaf, lemon, salt and pepper into the pan.
2. Bring up to a gentle simmer and then place the salmon gently in the pan for 10-12 minutes.
3. Take the salmon out of the pan, drain off excess liquid and serve immediately.
4. Serve with new potatoes and seasonal crisp vegetables.
5. Tip: Leave to cool and serve with a green salad, new potatoes and a large spoonful of mayonnaise.

