



Another delicious recipe from  
*Tanya's Kitchen*

## Poached Salmon

### Ingredients

4 salmon steaks or fillets  
1 cup water  
1 cup dry white wine  
Fresh Dill  
Salt and pepper

### Directions

- In a deep skillet add one cup of water and one cup of white wine.
- Place 5-6 sprigs of dill in the poaching liquid.
- Gently lay the salmon on top of the dill. Season with salt and pepper.
- Stir in crushed tomatoes, chicken broth and chili beans. Stir frequently
- Allow the poaching liquid to slowly heat on a medium to low flame for about 6-8 minutes. DO NOT BOIL
- In a mixing bowl add the cream cheese (at room temperature) and sour cream together.
- Add the lemon juice and chopped dill, mix ingredients well. Season with salt and pepper to taste
- Garnish the salmon with fresh dill sprigs and serve the creamy dill sauce on the side
- You can find all these ingredients at all your Foster's Food Fair IGA stores