

Poached Salmon with Cucumber Sauce

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Silverdale, WA. Chamber Of Commerce Favorite Recipes - 1991

Servings: 6

*6 fresh salmon steaks
1 quart water
1 1/2 tablespoons salt
2 tablespoons lemon juice
1 bay leaf
1 lemon, quartered
2 tomatoes, quartered
CUCUMBER SAUCE
1 unpeeled cucumber
1/2 cup sour cream
1/4 cup mayonnaise
1 tablespoon minced
parsley
2 teaspoons grated onion
2 teaspoons cider vinegar
1/4 teaspoon salt
pinch black pepper*

In a large skillet, heat the water, salt, lemon juice and bay leaf to boiling.

Simmer three of the salmon steaks at a time for 10 minutes. Remove with a large slotted spoon or spatula. Chill the steaks well until ready to serve.

Make the Cucumber Sauce: Grate enough cucumber to make one cup. Do not drain. Place in a small bowl. Add the sour cream, mayonnaise, parsley, onion, vinegar, salt and pepper. Stir well. Place in a refrigerator to chill.

At serving time, arrange the salmon on a platter or a board. Garnish with lemon quarters and tomato,quarters. Serve with the Cucumber Sauce.

Per Serving (excluding unknown items): 317 Calories; 18g Fat (50.4% calories from fat); 35g Protein; 4g Carbohydrate; 1g Dietary Fiber; 100mg Cholesterol; 1873mg Sodium. Exchanges: 5 Lean Meat; 1/2 Vegetable; 0 Fruit; 0 Non-Fat Milk; 1 1/2 Fat; 0 Other Carbohydrates.