

BOILED SALMON

INGREDIENTS:

Whole salmon, scaled and cleaned
Sufficient water to cover the fish
Salt

DIRECTIONS:

Lay salmon in the fish-kettle with sufficient cold water to cover it, adding salt to the water.

Bring it quickly to a boil, scoop off anything that rise to the top, and let it simmer gently till the fish is done, which will be when the fish meat separates easily from the bone.

Drain it and serve immediately, garnish with cut lemon and parsley.

Try lobster or shrimp sauce or plain melted butter with it.

A dish of dressed cucumber or boiled peas are a traditional accompaniment for this dish.

Time: 8 minutes to each 450grams for large thick salmon; 6 minutes for thinner fish portions.

