poached salmon

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Ingredients

Relish
2 medium tomatoes, chopped
2 tablespoons yellow onion, finely chopped
2 tablespoons fresh parsley, finely chopped
1 teaspoon red pepper flakes, or to taste
1/4 cup red wine vinegar
2 tablespoons olive oil
black pepper, to taste

Salmon
4 5-ounce salmon steaks
3 cups water
4 black peppercorns
1 lemon, thickly sliced
3 parsley sprigs
1 small onion, thickly sliced
2 bay leaves

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1. For relish, combine all ingredients in a bowl and set aside.
2. Using a pan large enough to hold salmon steaks, bring water to a boil and add peppercorns, lemon slices, parsley, onion and bay leaf.
3. Lower heat to a gentle simmer, cover and let flavors infuse for 5 minutes. Add salmon steaks and make sure they are covered with water. Add additional water if needed.
4. Cook, uncovered, for 10 to 12 minutes or until fish is just tender. It will flake easily when tested with a fork. Never let water boil or fish will toughen.
5. Place one salmon steak on each plate. Divide relish between the four plates.

Yield 4 servings, Serving Size 1 salmon steak and 1/4 cup relish, Calories 246, Total Fat 10g, Saturated Fat 3g, Cholesterol 93mg, Sodium 94mg, Total Fiber 2g, Protein 31g, Carbohydrates 7g, Potassium 945 mg