

Poached Salmon & Cutting A Rug

My wife walked in on me in the kitchen a while back as I was preparing Saturday morning goodies for the family and she did it kind of sneaky. I had come across a like-minded disc jockey on the radio who was wise enough to know that for some of us, disco isn't dead. I suspect he was probably doing the same thing as I was; a full-blown John Travolta.

Well I got one of those looks. If you've been married a while you know what I mean. She shook her head and moved off to round up the kids. Her loss...I finished with a moonwalk that any 52-year-old should be proud of.

How about a little of that "Joy of Life" for 2006? You've got to feed the mind, the body and definitely the soul on a regular basis and what better time to start than right now?

Now where the mind is concerned don't kid yourself into believing that watching the 14th episode of CSI in one week is a great way to stimulate the brain. Television networks may want you to buy in to that but I promise, sitting slack jawed in front of the boob tube will make you look old before your time. Trust me when I say that watching Jerry Springer is not a participation sport even when he has nude mud wrestlers who hate their parents scheduled.

I read a while back about a study that showed people who do puzzles, play games and cards, enjoy musical instruments, even poorly, and take the time to write real letters to friends and loved ones, have a significantly reduced chance of contracting Alzheimer's disease. It may have something to do with either using a muscle or losing it.

Another really neat discovery over the last couple of decades is the benefit of Omega-3 fatty acids when it comes to your health. The FDA recommends 2 servings a week of fish high in fat such as salmon, mackerel, tuna, and swordfish. Now that's even with the mercury and PDC warnings that have come out. Your best approach, particularly with salmon, is to use fish caught in the wild rather than farmed.

Here's an extremely easy way to cook perfect salmon every time that most people have never tried. The fish will always be cooked through but not dried out.

Poached Salmon with Dill

(cook ½ pound per adult being served)



For the broth here is a modified “court bouillon”:

2 quarts water

½ cup chopped carrots

½ cup chopped celery

1 small onion, chopped

¼ cup chopped fresh parsley

1 tablespoon fresh thyme, chopped*

1 tablespoon fresh basil, chopped*

2 minced garlic cloves

10 black peppercorns

1 teaspoon sea salt

¼ cup white wine vinegar

¼ cup dry white wine

*if substituting dried herbs use 1 teaspoon rather than 1 tablespoon

Heat all of the ingredients to boiling in a large, heavy bottomed stockpot. Reduce to simmer and cook for 30 minutes.

Place cleaned, fresh or fully thawed salmon fillet in a poaching pan or long flat roasting pan with a lid.