

## MEDITERRANEAN STYLE POACHED SALMON

4 skinned salmon filets (6-7 oz. each)

3 tbsp. olive oil

1 ½ tbsp. minced shallot

1 tbsp. minced garlic

¼ tsp. crushed red pepper flakes

½ cup white wine

1 ½ cups chicken stock

1 cup marinara sauce

1 tbsp. capers, drained

¼ cup pitted kalamata olives, chopped

1. Heat olive oil in a pan with a lid and add the shallots and garlic, cook, stirring for one minute. Add the red pepper flakes and wine and cook 3-5 minutes. Add the chicken stock, marinara sauce, capers and olives. Heat to simmer and cook about 5 minutes.

2. Season salmon with salt and pepper and lay in pan on the sauce. Bring back to simmer and cover pan. Continue cooking for about 7-9 minutes until fish is just cooked through.

## MARINARA SAUCE

½ cup extra virgin olive oil

2 small onions, finely chopped

2 garlic cloves, finely chopped

2 stalks celery, finely chopped

2 carrots, peeled and finely chopped

Salt and freshly ground pepper

6 cups peeled, seeded and diced tomatoes or 2 (32 oz.) cans crushed tomatoes

2 dried bay leaves

In a large saucepan, heat the olive oil over medium heat. Add the onions and garlic and sauté until the onions are translucent, about 10 minutes. Add the celery, carrots and salt and pepper. Saute until all the vegetables are soft,

about 10 minutes. Add the tomatoes and bay leaves and simmer uncovered over low heat until the sauce thickens, about 1 hour. Remove and discard the bay leaf. Season the sauce with more salt and pepper to taste.

Makes 2 quarts sauce

RECIPE COURTESY OF:

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Taste: A Cook's Place

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