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## ELEGANT POACHED SALMON

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- 1/4 c. olive oil
- 2 cloves sliced garlic
- 3/4 c. white wine
- 1 can (10 1/2 oz.) chicken broth
- Pepper to taste
- 1 tsp. parsley
- 2 lbs. salmon filet

Saute in large skillet olive oil and garlic. Add white wine and cover until it stops spitting. Cook 6 minutes covered. Add chicken broth, pepper and parsley and cook 6 minutes. Put in salmon, cover, and cook 6 minutes each side.