



HEALTHY FOODS LOCAL FARMERS

Salmon Poached with Tomatoes and Swiss Chard From the Featherstone Farm Cookbook

Serves 5-6

Ingredients:

1 ½ salmon filets, skinless
salt and freshly ground pepper
12 ounces swiss chard
4 Tbs olive oil
1 large onion, thinly sliced
1 ½ inch cube fresh ginger, slivered
8 fresh or canned plum tomatoes, chopped
½ cup thick coconut milk
2 cups water

Cut the salmon filets crossways into 6 pieces. Pull out the bones. Season with salt and pepper; allow to stand for 20 minutes. Cut the chard's leafy green parts away from the central stems. Cut the greens into ¼ inch strips. Cut the stems into 1/8 inch strips. Heat the oil in a very large frying pan over medium heat. Add the onion, ginger, and chard stems. Saute for 5 minutes. Add the tomatoes and continue to sauté for another 4 to 5 minutes. Add the coconut milk and water, plus salt and pepper to taste. Simmer over low heat for 1 minute. Add the chard leaves.

Add the fish in a single layer on top of the sauce, spooning some of the sauce over the fish. Cover and simmer 5 minutes or until the fish is cooked through. Serve with the sauce and vegetables.