

## **Orange and Wine Poached Salmon**

6 medium salmon fillets, washed and cleaned and patted dry

3/4 cup orange juice

1/2 cup white wine

1/2 cup water

1 teaspoon honey

3/4 teaspoon salt

1 tablespoon sweet chili sauce

1 cinnamon stick or a teaspoon of ground cinnamon

Bring orange juice, wine, water, honey, salt, sweet chili sauce and cinnamon stick to the boil.

Add the salmon and bring just back to the boil. Cover tightly and turn off the heat. Time 10-12 minutes, a minute or two longer for very thick salmon fillets.

Immediately remove lid and put pot on surface to cool or serve warm or pop in fridge. Delicious served warm or room temp.