

All Purpose Poaching Liquid

Whole Butter	3 oz
White Wine	4 oz
Chopped Garlic	1 teaspoon
Sliced White Onion	1 ea
Lemon (juiced)	½

1. Pre-heat your oven to 425°f
2. Combine all ingredients in a shallow baking dish except your fish of choice.
3. Season your fish with your choice of seasonings.
4. Place your fish in the baking dish with the poaching liquid (if you are using a fish filet with skin on, make sure that the skin side is facing down) the liquid should cover your fish approximately by half.
5. Bake your fish for 10-15 minutes or until your fish has reached an internal cooking temperature of 145°f.
6. Remove you fish from the poaching liquid and serve with a small spoon of poaching liquid over top.