

## Poached Halibut

Make sauce of:

7-up and chicken broth

bay leaf - lemon

pepper corn - dill

Bring to boil 2 min - drop in fish,  
cover and cook 10 min

(over)

Make sauce of:

yogurt

2 Tbsp mayonnaise

egg yolk

onion or scallions

1 Tbsp lemon juice

mustard

sugar

salt, pepper

Blend

Vol 5.3  
Hour magazine  
Box A

91604