

BAKED WILD SALMON WITH HERB BUTTER

Source: The Art of Simple Food by Alice Waters

Prepared by: Kimi O'Dell Nelson , June 2016

Makes: 4 Servings

Prepare:

½ cup Herb Butter (recipes follows)

Pull any pin bones from:

1 to 1 ½ pounds wild salmon fillet, cut into 4- to 6-ounce pieces

Refrigerate until ready to cook.

Preheat oven to 425 F and remove the herb butter from the refrigerator to soften. Season the salmon with:

Salt

Fresh ground black pepper

Oil a baking dish or a rimmed baking sheet and place the pieces of salmon in it, skin side down. Brush or drizzle with oil. Bake until the flesh is just set and still pink in the center, 7 to 10 minutes, depending on the thickness of the fillets. Spoon some of the soft herb butter over each piece of fish and pass the rest in a small bowl.

ALTERNATE METHOD: (I USED THIS ONE)

Keep the salmon in one piece and slow roast it with the skin on. Oil a baking dish or rimmed baking sheet and cover the bottom with a layer of fresh herb sprigs. Place the seasoned salmon skin side down on the herbs. Oil the top of the salmon and bake at 225 degrees for about 30 minutes. The salmon will be just set and incredibly succulent and tender. Let herb butter melt on it once it has cooled a bit. This is even good served at room temperature.

Herb Butter

Makes about ¾ cup

Stir together in a small bowl, mixing well:

8 tablespoons (1 stick) butter, softened

½ cup chopped herbs (such as parsley, chervil, and chives)

1 garlic clove, finely chopped

Squeeze of lemon juice

Salt and fresh-ground black pepper

A pinch of cayenne

Taste and adjust the salt and lemon as needed.

Optional: Garlic and Shallot. Also you can roll the butter in to a “log” in plastic wrap and slice rounds of it for hot food.

Cook’s Notes: I used Copper River Salmon when it was in season and this dish was great. I liked the slow roast method but it didn’t look like it was cooking at the time it said to take out and I left it a few more minutes and wish I hadn’t done that. It will keep baking when out of the oven. And it is really good at room temperature, unlike many main dishes.

The herb butter was so easy to make. I used chives, parsley, dried chervil, a scallion finely chopped and fresh garlic. I would make this and keep it in my fridge for grilling. I made it in a “log” and put coin size rounds of butter on the warm fish.

