

SALT-BAKED HERBED SALMON WITH RED ONION-CAPER VINAIGRETTE

Prepared by: Nancy Kenner, May 2018

Source: Genius Recipes

VINAIGRETTE

1 cup olive oil
¼ cup sherry vinegar
1 teaspoon Dijon mustard
1 red onion, thinly sliced
2 teaspoons capers, drained
1 teaspoon chopped fresh basil
1 teaspoon fine sea salt
¾ teaspoon freshly ground black pepper

SALMON

4 pounds salmon fillet, pinbones removed, with skin intact
2 tablespoons mixed minced fresh herbs, such as tarragon, basil, flat-leaf parsley, and thyme
2 tablespoons fennel seeds, cracked
1 teaspoon fine sea salt
½ teaspoon freshly ground black pepper
Rock salt or kosher salt, for lining pan

TO PREPARE THE VINAIGRETTE, in a small bowl, whisk together the oil, vinegar, and mustard. Stir in the onion, capers, basil, salt, and pepper. Cover and refrigerate until you are ready to serve. The vinaigrette can be made up to 2 days ahead.

TO PREPARE THE SALMON, rub the fillet with the minced herbs and fennel seeds. Season with salt and pepper. At this point, the salmon can be covered and refrigerated overnight.

Preheat the oven to 325 degrees. Cover a large sheet pan or roasting pan with aluminum foil. Pour the rock or kosher salt into the pan, covering its surface. Place the salmon, skin side down, on the salt. Bake for 35 to 45 minutes, or until the fish is opaque on the outside and slightly translucent in the center. This method of cooking allows the salmon to cook through without becoming dry. Remove from the oven, cover loosely with aluminum foil, and let stand for 5 minutes (the salmon will continue to cook.) To serve, use a wide spatula to remove the salmon from the salt. Remove the skin and portion the salmon onto plates. Spoon some of the vinaigrette over each portion and serve.

Nancy's Notes: The salmon was great! I'd make it again with no changes.

