

Idiot's Kitchen Recipe – Salmon Roasted in Butter & Herbs

Recipe from idiotskitchen.com – Adapted from Mark Bittman



Ingredients:

1 pound salmon fillet
2 Tablespoons butter
2 Tablespoons (total) fresh herbs – parsley, mint, & thyme
Salt & Pepper

Preheat the oven to 475 degrees.

Finely chop 2 Tablespoons (combined) of fresh herbs. I used a combination of fresh parsley, mint, and thyme.

Place 2 Tablespoons of butter and HALF of the chopped herbs in a large baking dish or ovenproof pan. Place the pan in the oven (**do not add the fish yet**) for 5 minutes so the butter melts and becomes foamy.

After 5 minutes, add the fish to the pan **skin side up** and return to the oven. Roast for 5 minutes at 475°.

After 5 minutes of roasting, remove the pan from the oven and peel the skin off of the fish. You might need to use a large spoon to scrape the skin away if it resists. Use 2 large spatulas to turn the fish over, season it lightly with salt & pepper, and return it to the oven for 3-5 minutes more.

The fish is done when it is firm to the touch, flakes easily, and the butter sauce is golden brown. Depending on the thickness of your fish, 10 minutes max cooking time is usually all it takes.

Cut the fish into serving portions (6-8 oz. per person), spoon the butter sauce over the top, and garnish with the remaining fresh herbs.

Serves 2 but is easily doubled or expanded.