

Baked Dijon Salmon With Lemon And Garlic

Makes 4 Servings

Preparation: 10 minutes, Cook Time: 20-25 minutes

Yield: 4 servings

Recipe: by Greg Strahm, The Silver Chef



4 (5-ounce) center cut salmon filets, skin on or off

1/4 cup EVOO

1 lemon, zested and juiced

1 tablespoon dijon mustard

3 large cloves garlic, minced

1 teaspoon dried oregano

1/2 teaspoon sweet hungarian paprika

3/4 teaspoon ras el hanout

heavy pinch red pepper flakes

kosher salt and freshly ground black pepper, to taste

2 tablespoons fresh dill, chopped

1 lemon, cut into wedges

1. Position one oven rack in the center and one rack about 6 inches from the broiler. Preheat to 375°F.

2. In a small bowl, whisk together the olive oil, lemon zest, lemon juice, Dijon mustard, garlic, oregano, ras el hanout, paprika, and red pepper flakes. Spread the sauce over the salmon, rubbing it into the tops and sides of each fillet.

3. Line a large sheet pan with foil, leaving enough excess foil over one long side to fold over the salmon without touching it. Place a piece of parchment on top of the foil and brush with olive oil. Place the fillets on top of the parchment, skin side down. Season with salt and black pepper to taste. Fold the excess foil over the salmon, tenting it high enough so it doesn't touch the fish. Crimp or fold the foil sides to completely enclose the fish. Bake for 15 to 20 minutes at 375°F, or until the internal temperature reaches 120°F. SEE TEMPERATURE CHART BELOW FOR PREFERENCES.

5. Remove the sheet pan from the oven and turn the broiler to 450° Open the foil to uncover the top of the salmon. Place the salmon under the broiler for about 3 minutes, or just until the top of the salmon browns lightly. Remove the salmon from the oven. Sprinkle with dill and serve with lemon wedges on the side. Serve with couscous or rice.

INTERNAL TEMPERATURES: Rare - 120° F, Medium Rare - 125° to 130° F, Medium - 125 to 135°F, Well Done - 140° to 145°F