

Oven-Roasted Salmon

SERVES 4

To ensure uniform pieces of fish that cook at the same rate, buy a whole center-cut fillet and cut it into four pieces. If your knife is not sharp enough to easily cut through the skin, try a serrated knife. It is important to keep the skin on during cooking; remove it afterward if you choose not to serve it. To serve, top with any of the related relishes.

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| <ol style="list-style-type: none"> 1 skin-on salmon fillet (1¼ to 2 pounds), about 1½ inches at thickest part 2 teaspoons olive oil
Salt and pepper | <ol style="list-style-type: none"> 1. Adjust oven rack to lowest position, place rimmed baking sheet on rack, and heat oven to 500 degrees. Use sharp knife to remove any whitish fat from belly of fillet and cut into 4 equal pieces. Make 4 or 5 shallow slashes about 1 inch apart along skin side of each piece, being careful not to cut into flesh. 2. Pat salmon dry with paper towels. Rub fillets evenly with oil and season liberally with salt and pepper. Reduce oven temperature to 275 degrees and remove baking sheet. Carefully place salmon skin side down on baking sheet. Roast until centers of thickest part of fillets are still translucent when cut into with paring knife or when instant-read thermometer inserted in thickest part of fillets registers 125 degrees, 9 to 13 minutes. Transfer fillets to individual plates or platter. Top with relish (see related recipes) and serve. |
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Photography by Carl Tremblay

ON THE SIDE

Orange and Mint Relish

MAKES ABOUT 1½ CUPS

- 3 **medium oranges, rind and pith removed and segments cut into ½-inch pieces**
- ½ **small shallot, minced**
- 2 **tablespoons chopped fresh mint leaves**
- 2 **teaspoons lemon juice**
- 2 **teaspoons extra-virgin olive oil**
Salt and pepper

1. Place oranges in fine-mesh strainer set over medium bowl and drain for 15 minutes.

2. Pour off all but 1 tablespoon orange juice from bowl; whisk in shallot, mint, lemon juice, and oil. Stir in oranges and season with salt and pepper to taste.

Spicy Cucumber Relish

MAKES ABOUT 2 CUPS

- 1 **medium cucumber, peeled, seeded, and cut into ¼-inch dice (about 2 cups)**
- ½ **small shallot, minced**
- 1 **serrano chile, seeds and ribs removed, minced (about 1 tablespoon)**
- 2 **tablespoons chopped fresh mint leaves**
- 1-2 **tablespoons lime juice**
Salt

Combine cucumber, shallot, chile, mint, 1 tablespoon lime juice, and ¼ teaspoon salt in medium bowl. Let stand at room temperature to blend flavors, 15 minutes. Adjust seasoning with additional lime juice and salt.



WHY THIS RECIPE WORKS: For an oven-roasted salmon recipe that would give us a nicely browned exterior and a silky, moist interior, we developed a hybrid roasting method, preheating the oven to 500 degrees but then turning down the heat to 275 degrees just before placing the fish in the oven. The initial blast of high heat firmed the exterior and rendered some excess fat. The fish gently cooked in the oven and stayed moist as the temperature slowly dropped. Our Oven-Roasted Salmon recipe was complete when we added an easy relish whose acidity and flavors balanced the richness of the fish.