

Salmon Roasted in Butter

Mark Bittman, New York Times, 2025



- 4 tablespoons butter
- 4 tablespoons minced dill, or parsley
- 1 1/2 pounds salmon fillet, thick plank, about 1-1/4" thick in the middle
- Salt and freshly ground black pepper to taste
- Lemon wedges

Per Serving (excluding unknown items): 204 Calories; 12g Fat (53.9% calories from fat); 23g Protein; trace Carbohydrate; 0g Dietary Fiber; 104mg Cholesterol; 117mg Sodium; trace Total Sugars; 0mcg Vitamin D; 15mg Calcium; 1mg Iron; 489mg Potassium; 323mg Phosphorus. Exchanges: .

Carolyn T's Blog: tastingspoons.com

Servings: 6

If you have hearty eaters, you might want to buy a bit more than 2 pounds of this, to serve 6 people.

NOTE: If you're using thinner salmon, the roasting time will be reduced accordingly.

1. Preheat the oven to 475°F. Place the butter and half the herbs in a roasting pan just large enough to fit the salmon and place it in the oven. (For easy cleanup, use heavy-duty foil and make a kind of rectangular tray, just slightly larger than the piece of salmon you're cooking.) Heat about 5 minutes, until the butter melts and the herbs begin to sizzle. Watch carefully that the butter doesn't brown too quickly!
2. Cut the salmon into serving sizes. Add the salmon to the pan, skin side up. Roast 4 minutes. Remove from the oven, then peel the skin off. (If the skin does not lift right off, cook 2 minutes longer.) Sprinkle with salt and pepper and turn the fillet over. Sprinkle with salt and pepper on the other side.
3. Roast 3 to 5 minutes more, depending on the thickness of the fillet and the degree of doneness you prefer. Use an instant read thermometer and remove the salmon when it reaches 125°F. Spoon a little of the butter over each and garnish with the remaining herbs. Serve with lemon wedges.