

Slow-Roasted Salmon with Herb Salsa and Green Beans

Internet Address:

Adapted from Samin Nosrat's recipe



SALMON:

1 1/3 pounds salmon steaks, pin bones and skin removed

2/3 tablespoon extra-virgin olive oil

1/2 teaspoon kosher salt

HERB SALSA:

2 tablespoons shallot, finely diced

2 tablespoons seasoned rice wine vinegar

1 1/3 tablespoons fresh Italian parsley, minced

1 tablespoon sage, minced

1 tablespoon fresh chives, minced

1 tablespoon fresh basil, minced

1 tablespoon cilantro, minced

3 tablespoons EVOO

1/4 teaspoon kosher salt

Freshly ground black pepper

GREEN BEANS:

1 pound green beans, fresh, trimmed

1 tablespoon butter

2 tablespoons shallot, minced

1/4 cup water

Salt and freshly ground black pepper to taste

Per Serving (excluding unknown items): 361 Calories; 21g

Fat (52.7% calories from fat); 33g Protein; 10g

Carbohydrate; 4g Dietary Fiber; 120mg Cholesterol;

542mg Sodium; 5g Total Sugars; 0mcg Vitamin D; 76mg

Calcium; 2mg Iron; 940mg Potassium; 480mg

Phosphorus. Exchanges: .

Carolyn T's Blog: tastingspoons.com

Servings: 4

1. Preheat the oven to 230°F and set an oven rack in the middle position.
2. Use a baking sheet with sides and prepare a "pan" of foil and center in the pan. Place the salmon on the foil. Drizzle with the olive oil and sprinkle the salt generously and evenly over top.
3. Roast the salmon for 25 to 40 minutes (it will depend upon the thickness of the salmon), until an instant read thermometer registers 120-122°F. The salmon may look uncooked because of this method of slow roasting - it will appear translucent.
4. Turn the oven to broil and watch it carefully for 3-4 minutes until the top of the salmon has just begun to bubble. This will heat the salmon through, but not cook it any further. Remove from oven and use a small spoon to scrape off any white coagulated proteins that may have formed on the salmon. The salmon should reach 125°F in the thickest portion.
5. GREEN BEANS: Saute shallot in some butter until they are translucent, then add the green beans and using tongs toss them for 2-3 minutes at medium heat until they've begun to cook. Then add water, top with a lid and reduce heat to a simmer. Cook the beans for about 10 minutes or until tender. Season with salt and pepper to taste.
6. To serve, break the salmon into large, rough pieces and spoon the herb salsa over top. Serve the green beans on the side. This salmon can be served hot, cold, or room temperature.
7. SALSA: In a small bowl, combine the shallot and rice wine vinegar and let sit for 15 minutes to macerate. In a separate small bowl, combine the herbs, olive oil, salt, and a few grinds of black pepper. Just before serving, use a slotted spoon to add the shallot (but not the vinegar, yet) to the herb oil. Stir, taste, and add the vinegar as needed. Taste and adjust salt, if necessary.

