

Slow Roasted Salmon with Chives and Lemon

Adapted slightly from Cook's Country



Servings: 6

NOTES: You can substitute granulated sugar for the brown sugar, if desired. If a 2½-pound salmon fillet is unavailable, you can use six 6- to 8-ounce skinless salmon fillets instead. In step 1, sprinkle both sides of the fillets evenly with the sugar mixture and arrange them side by side in the baking dish so they are touching. The cooking time remains the same. We prefer farm-raised salmon here; if using wild salmon, reduce the cooking time to 45 to 50 minutes, or until the salmon registers 120 degrees. If you're using table salt, use ¾ teaspoon (½ teaspoon in step 1 and ¼ teaspoon in step 3). Use a glass baking dish, but if using a ceramic baking dish or metal pan, check the temperature of the salmon 10 minutes early. The thickness of the salmon will affect baking time, so try to purchase salmon that's 1½ inches thick. If you want more of the lemony sauce, double the recipe and drizzle it on top of rice or mashed potatoes, or even oven-roasted vegetables.

1 Adjust oven rack to middle position and heat oven to 250°F. Combine sugar, 1 teaspoon salt, and pepper in small bowl. Sprinkle salmon all over with sugar mixture.

2 Place salmon, flesh side up, in 13 by 9-inch baking dish. Roast until center is still translucent when checked with tip of paring knife and thickest part registers 125 degrees (for medium-rare), 55 to 60 minutes. If fish is thinner, begin checking at 30 minutes, and add increments of 5 minutes until the fish reaches temperature.

3 Meanwhile, combine oil, chives, garlic, lemon zest and juice, and remaining ½ teaspoon salt in bowl.

4 Remove dish from oven and immediately pour oil mixture evenly over salmon. Let rest for 5 minutes. Using spatula and spoon, portion salmon and sauce onto serving platter. Stir together any juices left in dish and spoon over salmon. Serve.

- 1 tablespoon packed brown sugar
- 1 1/2 teaspoons kosher salt, divided
- 1/2 teaspoon pepper
- 2 1/2 pounds salmon fillets, about 1½ inches thick, farm-raised (see instructions if using thinner salmon)
- 1/4 cup extra-virgin olive oil
- 2 tablespoons fresh chives, minced
- 2 teaspoons lemon zest
- 1 1/2 tablespoons lemon juice
- 1 small garlic cloves, very finely minced, or grated (optional)

Per Serving (excluding unknown items): 318 Calories; 16g Fat (46.9% calories from fat); 38g Protein; 3g Carbohydrate; trace Dietary Fiber; 140mg Cholesterol; 674mg Sodium; 2g Total Sugars; 0mcg Vitamin D; 27mg Calcium; 1mg Iron; 827mg Potassium; 537mg Phosphorus. Exchanges: .

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