

# Slow-Roasted Whole Salmon Fillet with Sicilian Sauce

Cooking class, Phillis Carey, Oct. 2019



## Servings: 7

1. Preheat oven to 300°F. Place the oven rack in the center or slightly below center.
2. On a large, rimmed baking sheet lined with parchment paper, arrange fish, prettier side up. Season with salt and pepper, drizzle with EVOO.
3. Roast the fish until just opaque in the center, about 20-25 minutes. To serve, using a fork, separate serving sized pieces of the salmon (they'll be in irregular shapes) and put on serving platter. Top with the Sicilian olive sauce and serve. This fish can also be served cooled to room temp.
4. SICILIAN SAUCE: In a bowl mix 1/3 cup EVOO, parsley, olives, shallot, capers, lemon zest and lemon juice, garlic, then season with freshly ground black pepper.

**3 1/2 pounds salmon, 1-2 sides or salmon (halved is what's meant here), pin bones removed, with or without skin**

**1/3 cup EVOO, plus more for drizzling**

**1/3 cup Italian parsley, chopped**

**12 whole olives, Castelvetrano type, chopped (or other green type olives)**

**3 tablespoons shallots, finely chopped**

**3 tablespoons capers, rinsed and drained**

**2 teaspoons lemon zest, plus 3 T of lemon juice**

**2 cloves garlic, finely minced**

**freshly ground black pepper**

*Per Serving (excluding unknown items): 369 Calories; 19g Fat (47.4% calories from fat); 46g Protein; 2g Carbohydrate; trace Dietary Fiber; 118mg Cholesterol; 253mg Sodium. Exchanges: 6 1/2 Lean Meat; 0 Vegetable; 0 Fruit; 2 Fat; 0 Other Carbohydrates.*

**Carolyn T's Blog: [tastingspoons.com](http://tastingspoons.com)**