

# SALMON ROASTED IN BUTTER

**YIELD:** 4 to 6 servings

**TIME:** 15 minutes



This simple fish dish is best made with wild salmon, but it works equally well with the farmed sort. It's astonishingly easy. In a hot oven, melt butter in a skillet until it sizzles, add the salmon, flip, remove the skin, then allow to roast a few minutes more. You'll have an elegant fish dinner in about 15 minutes. Don't be afraid to play with herb and fat combinations: parsley, chervil or dill work well with butter; thyme, basil or marjoram with olive oil; or peanut oil with cilantro or mint.

## INGREDIENTS

- 4 tablespoons (1/2 stick) butter
- 4 tablespoons minced chervil, parsley or dill
- 1 salmon fillet, 1 1/2 to 2 pounds
- Salt and freshly ground black pepper to taste
- Lemon wedges

## PREPARATION

Preheat the oven to 475 degrees. Place the butter and half the herb in a roasting pan just large enough to fit the salmon and place it in the oven. Heat about 5 minutes, until the butter melts and the herb begins to sizzle.

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 again.

Roast 3 to 5 minutes more, depending on the thickness of the fillet and the degree of doneness you prefer. Cut into serving portions, spoon a little of the butter over each and garnish with the remaining herb. Serve with lemon wedges.