

Oven Salmon

- 1 skin-on side of salmon, bones removed and belly fat trimmed
- Kosher salt
- 2 tablespoons honey
- lemon wedges

This recipe requires salting the fish for at least 1 hour. Look for a fillet that is uniformly thick from end to end. The surface will continue to brown after the oven temperature is reduced in step 4. If the surface starts to darken too much before the fillet's center registers 125 degrees, shield the dark portion with aluminum foil. If using wild salmon, which contains less fat than farmed salmon, remove it from the oven when the center of the fillet registers 120 degrees.

- 1.** Sprinkle flesh side of salmon evenly with 1 TBL (or less) salt and refrigerate, uncovered, for at least 1 hour or up to 4 hours.
- 2.** Adjust oven rack 7 inches from broiler element and heat oven to 250 degrees. Line rimmed baking sheet with aluminum foil and place wire rack in sheet. Fold 18 by 12-inch piece of foil lengthwise to create 18 by 6-inch sling. Place sling on wire rack and spray with vegetable oil spray.
- 3.** Heat broiler. Pat salmon dry with paper towels and place, skin side down, on foil sling. Brush (or rub) salmon evenly with honey and broil until surface is lightly but evenly browned, 8 to 12 minutes, rotating sheet halfway through broiling.
- 4.** Return oven temperature to 250 degrees and continue to cook until center of fillet registers 125 degrees, 10 to 15 minutes longer. Rotate sheet halfway through cooking. Using foil sling, transfer salmon to serving platter, then carefully remove foil. Serve, passing lemon wedges separately.

PWS Summary:

- remove salmon bones
- salt 1-4 hours ahead with 1T kosher salt
- set oven rack spacing to 7"
- heat oven to 250
- line cookie sheet with foil, put rack onto cookie sheet
- make foil sling, spray with oil and place onto rack
- set oven to broil
- brush salmon with 2T honey
- broil 10 minutes, rotate at 5
- set oven to 250
- cook 10-16 minutes til center is 125 degrees
- serve with lemon wedges

03Jun2018: Made for the Love Group - tasted very good - purchased fatty not-wild salmon from Whole Foods.

15Feb2019: Made for B/E/K - good, maybe too salty.

16Jun2019: Made for Love Group - just barely fed 5 of us.