

Sun-Dried Tomato & Herb Crusted Salmon

Serves 1 | Active Time: 10 minutes | Total Time: 25 minutes

Swick

Chef's Notes

This is an adaptation of one of my favorite Barbequed salmon recipes. The sun-dried tomato, parsley and garlic form a thick paste that goes really well with fresh wild salmon.

This salmon is quite delicious cold. Serve it the next day over a salad.

Preparing the Salmon

Preheat the oven to 375°F.

To make the paste, roughly chop the parsley. Using a food processor, purée the garlic until it is quite fine and then add the strained sun-dried tomatoes, along with the chopped parsley. Pulse, add the salt, and pulse again. With the food processor slowly running, add the oil. You are looking for a thick, paste-like consistency.

Spray a large baking sheet with cooking spray and line it with parchment paper. The spray will hold the paper in place.

To prepare the salmon, first remove the pin bones, if necessary. Spread a generous amount of the sun-dried tomato paste over the salmon. Slice into portions and gently place onto the baking sheet. Bake for 5 to 10 minutes. The cooking time will depend on the thickness of the salmon and your personal preference.

Step 1: Preparing the Salmon

- 1 bunch parsley
- 8 garlic cloves
- 1 cup sun-dried tomatoes (packed in oil)
- 1/4 tsp kosher salt
- 1/4 cup extra-virgin olive oil
- 1 whole salmon fillet (2 to 2 1/2 lb)

Testing & Finishing the Salmon

Test the salmon for doneness. If desired, Serve with some greens that have been tossed with olive oil and seasoned with salt and pepper to taste.

Step 2: Testing & Finishing the Salmon