



*Recipes for Every Season*

# SALMON ON SEA-OF-SALT BED

**Main Dish | Preparation Time: 15 minutes | Serves: 4 | Difficulty: Easy**

Try this new and inventive way to bake salmon! On a Morton® Kosher Salt bed, your salmon will stay moist and delicious and won't stick! Who needs spray or foil when you have Morton® Kosher Salt?

## Ingredients:

- 4 1-½-inch thick salmon fillets (about 1-½ pounds)
- 2 tablespoons olive or vegetable oil, divided
- 1 tablespoon fresh lemon juice
- 2 teaspoons Morton® Coarse Kosher Salt, divided
- 3 tablespoons snipped fresh dill, divided Morton® Coarse Kosher Salt and water (\*See Tip)
- ¼ cup finely chopped onion
- 2 tablespoons white wine
- ½ cup heavy cream



**MORTON®**  
**COARSE KOSHER SALT**

1

Brush salmon with 1 tablespoon oil and lemon juice.





2

Season each fillet with  $\frac{1}{4}$  teaspoon Morton® Kosher Salt and 1 teaspoon fresh dill.



3

Evenly sprinkle Morton® Kosher Salt on water-moistened (\*See Tip) shallow baking pan. Place fillets on wet salt.



4

Bake at 450° F until fish is opaque and flakes easily with a fork, about 10 minutes per inch of thickness. Do not turn. Remove fish to serving platter; keep warm.

5

Discard salt bed. In small skillet heat remaining one (1) tablespoon oil and sauté onion until translucent.



6

Stir in wine and deglaze pan. Add cream, remaining teaspoon Morton® Kosher Salt and remaining five (5) teaspoons dill; simmer to reduce slightly.





#### Tips for Success:

- For a 9-½ in. × 10-¾×1 in. baking pan, pour ⅓ cup water into pan; sprinkle 1-¼ to 1-½ cups Morton® Kosher Salt over water.
- Fish fillets will not stick on salt bed – easy clean-up.
- A 1-½ inch thick fish fillet will take about 15 to 20 minutes to cook through.