

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?

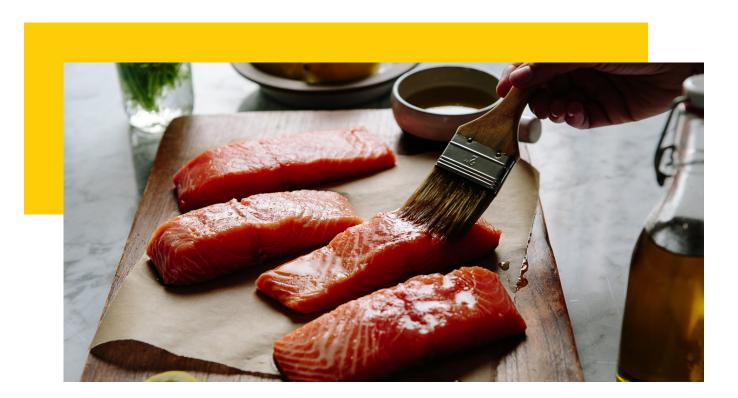
Ingredients:

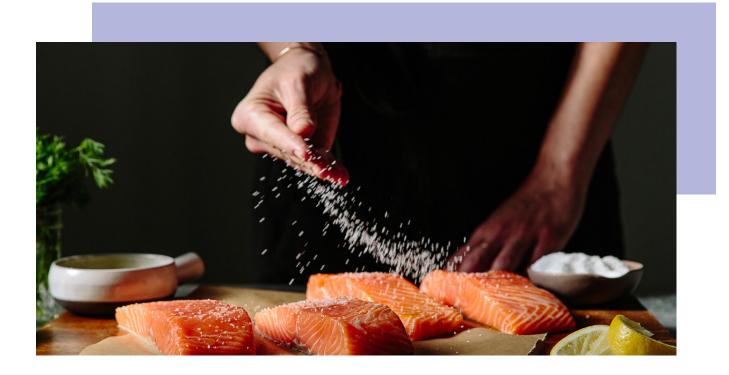
- 41-½-inch thick salmon fillets (about 1-½ pounds)
- 2 tablespoons olive or vegetable oil, divided
- 1 tablespoon fresh lemon juice
- 2 teaspoons Morton[®] Coarse Kosher Salt, divided
- 3 tablespoons snipped fresh dill, divided Morton[®]
 Coarse Kosher Salt and water (*See Tip)
- ¼ cup finely chopped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



MORTON[®] COARSE KOSHER SALT

Brush salmon with 1 tablespoon oil and lemon juice.





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





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.



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





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. × 10-3/4×1 in. baking pan, pour ½ 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 1-1/2 inch thick fish fillet will take about 15 to 20 minutes to cook through.