

SLOW-BAKED SALMON WITH LEMON AND THYME

(adapted from Bon Appetit, May 2011)

1 + 1/2 Tbs olive oil, divided
4 salmon filets or 1 large piece, skin on
2 Tbs fresh thyme leaves, chopped
zest of 1 large lemon + juice
salt and pepper

Heat the oven to 275 F. Line a baking dish with aluminum foil, coat it lightly with 1/2 Tbs of olive oil, and place the salmon filet over it, skin side down.

In a small bowl, mix the remaining tablespoon of olive oil with the thyme and lemon zest. Rub this mixture all over the salmon, season with salt and pepper and squeeze a little lemon juice over it. Let it rest for 10-15 minutes, then place it in the oven for 18-20 minutes, until the fish is just cooked.

Serve with lemon wedges.