


SLOW-ROASTED SALMON

 4 servings

Ingredients

- 1/2 lb salmon filet
- Olive oil

Optional

- lemon wedges, to serve

Instructions

1. Pat the salmon dry with a paper towel. Salt to taste.
2. Preheat the oven to 275°F and move the oven rack to the center shelf. Line a sheet pan with parchment paper.
3. Place salmon skin side down on the prepared baking sheet and brush lightly with olive oil.
4. Roast the salmon for 15-18 minutes for medium rare, or around 25 minutes for medium, depending on the thickness of fish. The fish should flake easily, and the thickest part of the fish should read register an internal temperature of 125°F for a medium-cooked salmon.
5. Garnish with some lemon wedges as desired.

