Main dishes / United States

Slow-Roasted Salmon with Green Herb Sauce

A whole side of salmon cooked gently in a low oven until it turns coral and custard-soft, flaking into silky layers under a bright, briny spoonful of chopped herbs, capers, and lemon.

Time 60 min **Servings** 4

What you'll need.

- ☐ 1100 g Salmon, one skin-on side (about 1.1 kg), pin bones removed
- ☐ 135 ml Olive oil, divided (15 ml for fish, rest for sauce)
- ☐ 15 g Dill, fronds finely chopped
- ☐ 1 whole Shallot, minced
- ☐ 1 whole Lemon, zested and juiced
- ☐ 0 to taste Black pepper, freshly ground
- ☐ 10 g Kosher salt
- ☐ 30 g Flat-leaf parsley, leaves and tender stems, finely chopped
- ☐ 10 g Chives, thinly sliced
- ☐ 25 g Capers, drained and chopped
- ☐ 0.25 tsp Red pepper flakes

Let's make it.

01 Heat the oven to 275°F (135°C). Line a rimmed sheet pan with parchment. Lay the salmon skin-side down, pat the top dry, and season evenly with about 8 g of the salt and some pepper. Rub 15 ml of the olive oil over the flesh. Let it sit at room temperature while the oven heats, 15–20 minutes. If the thin tail end is much thinner than the center, tuck it under itself so the thickness is more even.

02 Roast on the middle rack for 25–35 minutes, depending on thickness, until an instant-read thermometer in the thickest part reads 120–125°F (49–52°C). Note: this is intentionally below the USDA's 145°F (63°C) guideline for fish — at this low oven temperature salmon reaches a silky, just-opaque texture at 120–125°F. If you prefer it fully firm, or are serving anyone pregnant or immunocompromised, cook to 145°F (63°C), about 10 more minutes. Low heat keeps the white albumin from leaking out.

03 While the fish roasts, combine the minced shallot with the lemon juice and a pinch of salt in a small bowl and let it sit 10 minutes to soften its bite. Stir in the lemon zest, capers, red pepper flakes, parsley, dill, chives, and the remaining olive oil (about 120 ml). Taste and adjust with salt and pepper. Make it no more than an hour ahead — the acid dulls the green over time.

04 Slide the salmon off the parchment onto a platter (the skin will stay stuck to the paper if you want it left behind). Break it into rough portions along its natural flakes with a spoon, rather than slicing. Spoon the herb sauce over the top and serve warm or at room temperature.

Recipe & provenance ForkRecipe Kitchen / ForkRecipe / FoodML and contributors / CC BY-SA 4.0.
Original recipe and attribution CC BY-SA 4.0
Servings are an estimate; check quantities in the source recipe.
recipes.dvs-services.be / slow-roasted-salmon-herb-sauce