

Oven Baked Salmon Fillets

Enjoy with Levantine Hill Estate Pinot Noir
Serves 2

Chef's Notes

Use any fresh herbs you have available, but the fattiness of the salmon combined with zesty lemon is key here. Dill and basil are recommended to match the punchy sweetness of the pinot making for an unfamiliar but welcome combination.

Ingredients

- 2 x 200g salmon fillets, skin on, at room temperature
- 1 small shallot, finely chopped
- 2 Tbsp chopped parsley
- 2 Tbsp chopped basil
- 1 Tbsp chopped dill
- Zest of 1 lemon
- 1 Tbsp extra virgin olive oil
- Flaky sea salt

Method:

1. Place a pan 1/2 full of water in the oven on the lower rack and heat oven to 120°C.
2. Finely chop the shallot, parsley, basil, and dill. Zest the lemon and mix everything together with the olive oil to form a rough paste.
3. Prepare the baking tray: Lightly oil the rack and place it over the tray. Place the salmon fillet skin-side down on the rack.
4. Coat the salmon with the herb paste, forming a thick layer.
5. Place the salmon in the oven on the middle rack and close the door immediately. Bake for 25 to 30 minutes.
6. A thicker fillet will usually need a little longer time. Check for doneness at 20 minutes: Remove the tray of salmon from the oven and close the oven door. (Since the oven is at such a low heat, you want to keep the door closed as much as possible.) Place a knife tip in the thickest part of the salmon and gently pry it open. If the salmon separates into flakes, it's done. If not, return it to the oven for another 5 or so minutes.

To Finish:

Garnish and serve, when the salmon is done, transfer it to a cutting board. To remove the skin (optional) work the edge of the spatula between the skin and the flesh. By gently wiggling, you should be able to lift the fillet clear of the skin. Sprinkle each fillet with the salt and serve.