

THE PHOTOGRAPHER'S KITCHEN

JERRY'S BROILED LEMON HERB SALMON

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Serves 4

Recipe can easily be doubled to serve 8

Ingredients:

1 – 1½ lb salmon fillet.
1 Tbsp olive oil
¼ cup lemon juice
1 tsp kosher or sea salt
¼ tsp fresh ground black pepper
½ tsp lemon herb mix
½ tsp Szeged Fish Rub (Old Bay will be fine)
¼ tsp dill (optional)

Turn on broiler and preheat. .

Cover your broiler pan with two layers of heavy duty aluminum foil.

Cut fillet into 4 equal pieces if you have a center cut fillet. If not make the smaller tail section a bit wider so that all cuts have approximately the same weight.

Coat the foil with 1 Tbsp olive oil. Lightly brush the skin side of each fillet with a little olive oil. Place the fillets on the broiler pan, skin side down, so that they are not touching.

Drizzle ¼ cup of lemon juice over the salmon. Sprinkle fillets with 1 tsp. kosher salt, ¼ tsp ground pepper, ½ tsp. lemon herb mix, ½ tsp. Szeged Fish Rub, and ¼ tsp. of dill.

Broil for approximately 10 to 12 minutes or until the salmon flakes easily.

Remove from oven and serve hot over a bed of Oriental or saffron rice. Garnish with a couple of lemon slices and parsley sprigs.

I've provided this recipe for your dining pleasure and I encourage you to share it with your relatives, friends and anyone else who enjoys good food. If you want to post one of my recipes on your blog or another website I ask that you please credit: Jerry Bell / Jbellphotography.com