

Salmon in Parchment

Serves 6

In this easy recipe, the salmon is cooked simply in a parchment paper packet with slices of lemon and fresh herbs.

Ingredients

- 6 (6-ounce) salmon fillets, about 1 to 1-½ inch thick
- Salt and pepper to taste
- 6 (15-square inch) pieces parchment paper
- 1/4 cup fresh dill, chopped
- 1/4 cup shallots, chopped
- 2 tablespoons extra virgin olive oil
- 2 lemons, thinly sliced

Instructions

1. Place a large baking sheet on bottom rack of oven. Preheat oven to 400°F.
2. Season salmon with salt and pepper and place a salmon fillet in the center of each piece of parchment paper.
3. Drizzle each fillet with 1 teaspoon of the oil, then place chopped shallots, dill weed and lemon slices on top.
4. Fold parchment over salmon to form a pouch, leaving no openings.
5. Place packages directly on hot baking sheet in oven and cook for 15 minutes. (adjust time for salmon thickness)
6. Transfer to plates and carefully open packages to release steam before serving.



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