

Chef John's Salmon



- Prep 10 m
- Cook 15 m
- Ready In 25 m

Recipe By: Chef John

"I love the combination of tarragon and Italian parsley, but I've used herbs like basil and thyme, which worked wonderfully as well. As far as the fish goes, a center-cut salmon fillet is a perfect thickness for this, but other similarly shaped seafood will work."

Ingredients

- 2 (8 ounce) center-cut salmon fillets, with skin
- 1/4 teaspoon kosher salt
- 1 teaspoon vegetable oil
- 1 clove garlic, sliced
- 1 tablespoon chopped fresh tarragon
- 1 tablespoon chopped fresh flat-leaf parsley
- 3 tablespoons mayonnaise
- 1 teaspoon Dijon mustard
- 1 teaspoon fresh lemon juice
- 1 pinch cayenne pepper

Directions

- 1. Season salmon fillets with kosher salt. Line a baking sheet with foil and brush lightly with vegetable oil.**
- 2. Preheat oven's broiler on high and set the oven rack about 8 inches from the heat source.**
- 3. Process garlic, tarragon, and parsley in a blender or mortar and pestle to form a loose paste.**
- 4. Mix mayonnaise, Dijon mustard, lemon juice, and cayenne pepper into garlic paste until combined.**
- 5. Place salmon fillets skin side down on the baking sheet. Spoon herb spread over the top and sides of each fillet.**

- 6. Cook under the preheated broiler until fillets are well-browned, about 5 minutes. Turn the broiler off and turn the oven to 350 degrees F (175 degrees C).**
- 7. Bake until the internal temperature of the salmon is 130 degrees F (55 degrees C) and salmon flakes easily with a fork, about 3 to 4 minutes.**