

HERB CRUSTED SALMON FILLETS

F EASY

Last Modified: 04/15/2014

PREP: 30 Min
COOK: 20 Min
OVEN: 325

SEAFOOD

MAKES 4 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
2	Pounds	Center Cut King Salmon Fillet	Skin On
1	Recipe:	Sauce - Dill Sauce	
OR			
1	Recipe:	Sauce - Raita Sauce	

SALMON BRINE			
2	Quarts	Water	
5	Tbsp	Table Salt (With Iodine)	

CRUST GLUE			
1 1/2	Tsp	Mayonnaise (Hellmann's)	
1	Tbsp	Whole Grain Mustard	
1/4	Cup	Fresh Tarragon Leaves	Minced
OR			
1/4	Cup	Fresh Dill Weed Leaves	Minced

HERB CRUST			
1/2	Cup	Panko Bread Crumbs (Kikkoman)	
2	Tbsp	Unsalted Butter	
1 +/-	Pinches	Kosher Salt	To Taste
1 +/-	Pinches	Cracked Black Pepper	To Taste
2	Tsp	Fresh Thyme Leaves	Minced
OR			
1 1/2	Tsp	Dried Thyme Leaves	
OR			
2	Tsp	Fresh Dill Weed Leaves	Minced
OR			
1 1/2	Tsp	Dried Dill Leaves	
2	Tbsp	Egg	Beaten

PREPARATION	
FACTOID	King Salmon is a naturally fatty fish. It does NOT need any additional Oil put on it to bake. You need to purchase a PINK center-cut Fillet so that all 4 pieces will end up the same size and thus will end up being done at the same time.
CAUTION	When fatty Salmon cooks, it gives off a white substance called Albumen. While it doesn't really affect the texture, as the Albumen oozes out of the flesh, it causes the crumb coating to loosen and flake off. (We do fix this).
CAUTION	If you are using Dill in the Crust Glue, do NOT use Dill in the Herb Crust.

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TOOLS	<p>1) Medium Non-Stick Skillet 2) Zip Lock Bag 3) Aluminum Half Sheet Pan & Wire Rack 4) 3 - Small Mixing Bowls 5) Aluminum Foil 6) Long Metal Spatula 7) Needle Nosed Pliers</p>
PREP	<p>CRUST GLUE 1) Mince the chosen Herb Leaves and set them aside.</p>
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1	Remove all the bones from the Salmon Fillet, by feeling along the flesh side with your fingertips and pulling the bones out with a pair of needle nosed pliers (they will be in a single row running end to end). Cut the Fillet in half and cut each half in half again.
2	SALMON BRINE: Mix the Salt and Water together until the Salt dissolves. Add in the 4 Salmon Fillets and let them soak at room temperature for 15 minutes to decrease the surface Albumen content. Remove the Fillets and pat them as dry as possible with paper towels and set them aside.
3	HERB CRUST: Meanwhile, in a medium non stick skillet over medium heat, melt the Butter, add in the Panko Crumbs with a little Salt and Pepper. Toast while stirring until the Breadcrumbs are a nice golden brown - set them aside in a small mixing bowl.
4	HERB CRUST: In a small mixing bowl, whisk the Egg until well mixed. Add 2 Tbsp of the Beaten Egg and the Thyme Leaves to the Breadcrumb Mixture, mix well and set it aside.
5	CRUST GLUE: In a small mixing bowl, add in the Mayonnaise, Mustard and either the Tarragon or Dill Leaves, Mix well and set aside.
6	Preheat the oven to 325 degrees. Place the Salmon Fillets not touching on a wire rack covered with a non-stick cooking spray coated sheet of aluminum foil that is just slightly larger than the Fillets themselves in a sheet pan. Divide the Crust Glue into 4 equal portions and spread it evenly over the top of each Fillet using the back of a spoon. Divide the Herb Crust into 4 equal portions, sprinkle it evenly over the top of each Fillet and press it firmly into the Crust Glue
7	Bake the Fillets for about 18 to 25 minutes. The Salmon is cooked to medium and nicely moist inside when it reaches an internal temperature of 125 degrees
8	Remove the Salmon from the oven and allow to rest for about 5 minutes. The Salmon should reach a final internal temperature of 130 degrees.
SERVE	Serve while hot with a creamy Seafood Sauce and a Lemon Slice on the side.

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