

Simply special salmon

It takes very little effort to transform salmon fillets into a delicious treat. Just top with a tasty crust or a rich dark glaze, and bake. Nothing could be easier!

To make a herb crust

Combine fresh breadcrumbs, herbs and seasoning. You can use any herbs, finely chopped, with a seasoning such as citrus zest or chilli flakes. For one fillet, use a small handful of crumbs to the same amount of fresh herbs (less if using dried herbs as they are stronger tasting) and add seasoning. Pulse in a food mixer or combine by hand in a bowl. If it seems too dry, add a tablespoon of olive oil to bind. Press crumb mix onto the flesh of the salmon.

Take breadcrumbs, fresh or readymade

Sourdough
Multigrain
White
Brown



Add herbs, finely chopped

Parsley
Thyme
Chives
Oregano
Dill
Tarragon
Rosemary



Plus seasoning

Finely grated zest of lemon, lime or orange
Sea salt
Ground black pepper
Garlic
Chilli flakes
Grated parmesan
Mustard powder



How to cook salmon fillets

Preheat the oven to 190C/170C fan/gas 5.

1 Line a baking tray with lightly oiled foil or baking parchment.

2 Trim and skin the fillet, if liked, and remove any bones.

3 Place prepared salmon on foil skinned or skin-side down.

For herb crust

Season fish, press herb mix on top

For glaze

Spoon extra glaze over the marinated fillet

4 Bake for 10 to 15 minutes until, when tested with a sharp knife, flesh is no longer translucent.

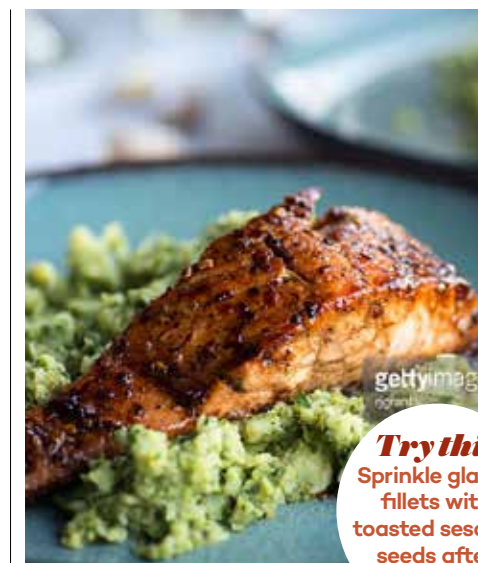
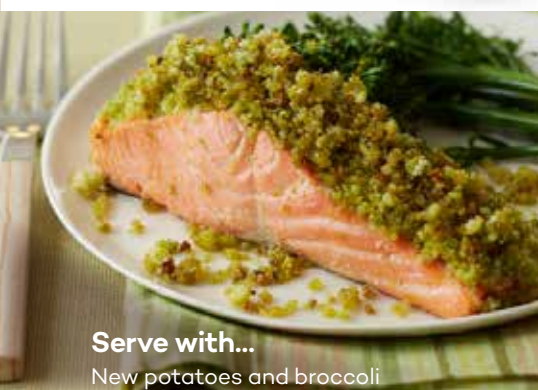


Extra online

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Serve with...

New potatoes and broccoli



Try this
Sprinkle glazed fillets with toasted sesame seeds after baking

To make a glaze

Being an oily fish, salmon goes really well with a rich dark glaze. This could be hot or sweet, or both, and couldn't be easier to prepare. Simply mix together all the glaze ingredients. Either pour over the fillet in a shallow bowl or put in a plastic food bag. Leave for 20 minutes.

The simplest glaze can just be equal amounts of soy sauce, chilli sauce and honey; for one fillet, try combining a tablespoon of each. And a bit of garlic and grated ginger wouldn't go amiss.

Once you've made one glaze, play with flavours. Some people like added oil, some don't. You can't go far wrong as long as you stick to the rule of combining sweet, salt and sharp. The more sugar, the stickier it will be.

What goes in a glaze

Chilli sauce (or chopped fresh chilli)
Soy sauce (light or dark)
Sherry (or rice wine, sake or vinegar)
Thai fish sauce (once opened keeps in the fridge for ages)
Sugar (soft light, dark brown or caster) or clear honey
Grated fresh root ginger (store in the freezer and grate from frozen as needed)
Grated or crushed garlic
Sesame or light vegetable oil

Serve with...

Green vegetables or a simple salad

When buying
Choose thicker, not thinner fillets