



Army Osborne / The Chronicle; styling by Amanda Gold

Slow-Roasted Salmon With Herbs

Serves 4

This recipe, adapted from The Chronicle's archives, is best prepared with lemon-scented herbs in the mix. Lemon verbena, lemon thyme and lemon mint work particularly well.

1 cup mixed fresh herbs such as lemon verbena leaves, chervil and chives

2 shallots, peeled

4 tablespoons olive oil

Salt and pepper to taste

4 fillets of wild salmon (6-8 ounces each), skin on

Instructions: Preheat the oven to 250 degrees.

Combine the herbs and shallots in a food processor. Add the olive oil, salt and pepper. Process to a paste, about 30 seconds.

Rub the paste on all surfaces of the salmon except for the skin side. Place the salmon, skin side down, on a nonstick or parchment-lined baking sheet. Bake 15-18 minutes, until the fish is translucent in the center. Leave the fish in the oven longer if you like it cooked more.

Serve warm or at room temperature.

Per serving: 438 calories, 35 g protein, 2 g carbohydrates, 31 g fat (6 g saturated), 112 mg cholesterol, 89 mg sodium, 1 g fiber.