

DiCarlo
FOOD SERVICE



Fresh Atlantic Salmon Fillet

from 12-14 lb. Fish
Skin-on, Scaled, Pin Bones Out
#242061 1/10 lb.



Atlantic Salmon (*Salmo salar*)

Availability: All Year Round, Fresh and Frozen

Sustainably farm raised in Nova Scotia

Sizing: Hand cut fillets, portion cut to spec





Garlic Caper Butter Baked Salmon

Ingredients:

- 4 (6-ounce) salmon fillets
- Salt and fresh ground black pepper
- 4 tablespoons unsalted butter
- 1 tablespoon minced garlic
- 3 tablespoons drained capers
- Chopped or torn fresh herbs like parsley, chives or dill
- Half of a lemon, quartered

DIRECTIONS

Heat the oven to 325 degrees.

Season both sides of the salmon with salt and pepper.



Melt the butter in a wide oven-safe skillet over medium heat. When the butter is bubbling, stir in the garlic and capers. Cook, stirring, until warm, about 1 minute. Take the skillet off of the heat. Add the salmon fillets, skin-side down, to the skillet. Tilt the pan so that butter pools on one side, and then spoon garlic caper butter over each fillet.

Cover the skillet with a sheet of aluminum foil or cover with parchment paper by loosely tucking it around the salmon. Bake the salmon, covered, for 15 minutes. Uncover, and then spoon more of the butter over the salmon. Continue to roast, uncovered, until your desired doneness, 5 to 10 minutes more, depending on how thick the salmon is.

Squeeze fresh lemon juice over the baked salmon, sprinkle with lots of fresh herbs, and serve with another spoonful of the garlic caper butter on top.

Recipe courtesy of inspiredtaste.net

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