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Oven-Baked Salmon with Sun-Dried Tomato and Salsa Mayonnaise

Jacques Pepin, Fast Food My Way, Houghton Mifflin, 2004, p. 118-119.

Dr. Wong highly recommends this dish; it's festive, tender, delicious, and healthy. Cooking it at 200 degrees, on the platter you will serve it in, makes it easy, and with the herbs sprinkled on top, it's quite lovely. Jacques Pepin makes it an integral part of a party buffet.

Ingredients

1 t canola oil
1 large skinless and boneless salmon fillet (about 3 pounds)
1 ½ t salt (use kosher or specialty salt)
1 t freshly ground black pepper
1 c combined bread crumbs and ground hazelnuts (1 slice bread and ¼ c hazelnuts processed in food processor)

Salsa mayonnaise

4 oz sundried tomatoes packed in oil (about ¼ cup)
¼ c salsa (store-bought pico de gallo works fine)
¼ t salt
2 c mayonnaise (we use vegenaïse or the soy product now available)
3 T chopped chives

1 c coarsely chopped fresh herbs (parsley, tarragon, chives and chervil)

Heat oven to 200 degrees.

Oil serving platter with oil. Arrange salmon on the platter and sprinkle with ¾ t salt and ½ t pepper; turn salmon over and sprinkle with remaining salt and pepper. Sprinkle hazelnut/bread crumb mixture on top of fillet. Bake for 40-45 minutes until salmon is barely cooked and slightly rare inside.

For the mayonnaise: put sundried tomatoes and oil in food processor w/ salsa. Process until smooth. Transfer to medium bowl and mix in salt, mayonnaise, and chives.

When salmon is done, remove from oven and sprinkle with chopped herbs; serve warm or at room temperature with mayonnaise .

Fish can be made 1-2 hours ahead. Mayonnaise can be made up to a day ahead and refrigerated.