



Broiled Salmon with Rosemary, Dill, Lemon and Garlic

What is great about this recipe is that I have used it with Steel head trout, Striped Bass, and other fish with excellent results. The timing is a little different with striped bass (takes longer) than steel head trout or salmon. I use the extra timing on the baking not the broiling part.

1 pound salmon
1 clove garlic finely chopped
1 1/2 tablespoons coarsely chopped fresh rosemary
1 1/2 tablespoons chopped fresh dill
1 lemon zest
_ lemon juiced
_ teaspoon sea salt
_ teaspoon fresh ground pepper
1 tablespoon olive oil

1. Preheat broiler
2. Prepare broiling pan by lining it with foil and spraying it with olive oil spray
3. Mix together all remaining ingredients except fish into a well blended paste
4. Place fish skin-side down on basting sheet, spread seasoning over fish
Broil fish on second or third rack away from heat for five minutes, enough to sear flesh but not burn herbs.
5. Lower the oven heat to 325 degrees and bake for additional 5 minutes or until fish is cooked through in the thickest portion. *

*I like my fish on the rare side; it's moister and more flavorful.

