Slow Roasted Salmon with Summer Herbs
Serves 4

1 1/2 pounds center-cut skinned salmon fillet, preferably wild-caught
4 to 5 sprigs fresh dill
4 to 5 sprigs fresh parsley
4 to 5 sprigs fresh thyme
Salt and pepper, to taste
3 tablespoons olive oil
8 ounces sugar snap peas, ends trimmed
1 large handful pea shoots or micro greens
Leaves from 3 sprigs of mint
4 radishes, thinly sliced
1 lemon, quartered

1. Set the oven at 275 degrees. Prepare an ice water bath. Line a rimmed baking sheet with parchment.

2. Use tweezers or needle nose pliers to remove the pin bones: Place a bowl upside down on a cutting board and cover it with a paper towel sheet to keep the fish from sliding. Lay the fish on top of the bowl. Run your fingers down the length of the fish to find the pin bones. With tweezers or needle nose pliers, firmly grasp the bone ends and pull them out. Dip the tweezers in a cup of water as you work.

3. In the center of the baking sheet, place the dill, parsley, and thyme sprigs. Sprinkle the salmon on both sides with salt and pepper and set it on the bed of herbs. Drizzle with 2 tablespoons of the oil. Roast for 16 to 18 minutes, or until a thermometer inserted into the thickest part of the fish registers 120 to 125 degrees. (The temperature will rise a few degrees once it is out of the oven.)

4. Meanwhile, bring a pot of salted water a boil. Add the snap peas and cook for 2 minutes, or until they are bright green and crisp-tender. Using a slotted spoon, transfer to the ice bath; drain and pat dry. Transfer to a bowl and toss with the remaining 1 tablespoon of oil and salt and pepper to taste.

5. On a platter, arrange the snap peas and pea shoots. With a spoon, break the salmon into large pieces and set it on the platter. Scatter the mint and radishes on top. Squeeze the lemon quarters over the platter and serve. Sally Pasley Vargas can be reached at sally.p.vargas@gmail.com

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