

Slow-Roasted Wild Salmon with Cucumber Yogurt

ONCE YOU SLOW-ROAST SALMON, YOU'LL NEVER PREPARE IT ANY OTHER WAY.

Make the most of vibrant late spring ingredients with this recipe for flavor-packed, roasted wild salmon courtesy of our Downtown LA partner, the James Beard Award-Winning Lucques Group.

SERVES SIX

RECIPE FROM: SUZANNE GOIN, DOWNTOWN LA PROPER



Ingredients

2 pounds wild salmon (one piece), skin on and bones removed

1 lemon plus 1 teaspoon finely chopped zest

1/2 cup plus 2 tablespoons finely diced shallots

2 tablespoons minced dill

2 teaspoons minced tarragon

1/4 cup minced flat-leaf parsley

2 tablespoons extra-virgin olive oil

3 or 4 persian cucumbers, just under 1 pound total

1/2 teaspoon cumin seeds

3/4 cup whole milk organic yogurt

1/2 teaspoon minced garlic

3 tablespoons finely diced preserved lemon

1/2 teaspoon preserved lemon juice

a healthy pinch cayenne pepper

2 tablespoons sliced mint leaves

1 bunch watercress, cleaned, tough stems removed

kosher salt and freshly ground black pepper

Instructions

1. Remove the salmon from the refrigerator 30 minutes before cooking to bring it to room temperature.
2. Preheat oven to 250° F and place a shallow pan of water on the bottom rack.
3. Combine the lemon zest, 1/2 cup diced shallots, dill, tarragon, and parsley in a small bowl and stir in 2 tablespoons olive oil.
4. Place the salmon skin-side down on a baking sheet and season with kosher salt and some freshly ground black pepper. Smear about 1/3 of the herb mixture on the fish and turn it over. Slather the skin-side of the fish with the remaining herb mixture and season with salt and pepper.
5. Place the salmon on a wire rack set on a baking sheet or in a roasting pan. Bake the salmon about 30 minutes until just cooked through. The center will be slightly translucent. To check if it's done, peek between the flakes. If it doesn't flake, it's not ready yet.
6. While the salmon is cooking, slice the cucumbers in half lengthwise and cut them into thin crosswise slices, on the diagonal. Toss the cucumbers with 1 teaspoon salt, and let sit 10 minutes.
7. Toast the cumin seeds in a small pan over medium heat 2 to 3 minutes, until the seeds release their aroma and darken slightly. Use a mortar and pestle to crush them coarsely.
8. Drain the cucumbers for a few minutes, and then pat them dry with paper towels. Toss the cucumbers in a bowl with the yogurt, garlic, remaining 2 tablespoons diced shallots, preserved lemon and juice, cumin, cayenne, and a pinch of pepper. Taste for balance and seasoning. The sauce should be assertive and have a nice kick to it. If not, add more cayenne. Gently stir in the mint.
9. When you are ready to serve, divide the rice between 6 large dinner plates. Scatter the watercress over the rice and place a 4 ounce portion of a salmon on top. Spoon the cucumbers in yogurt over the top of the fish.