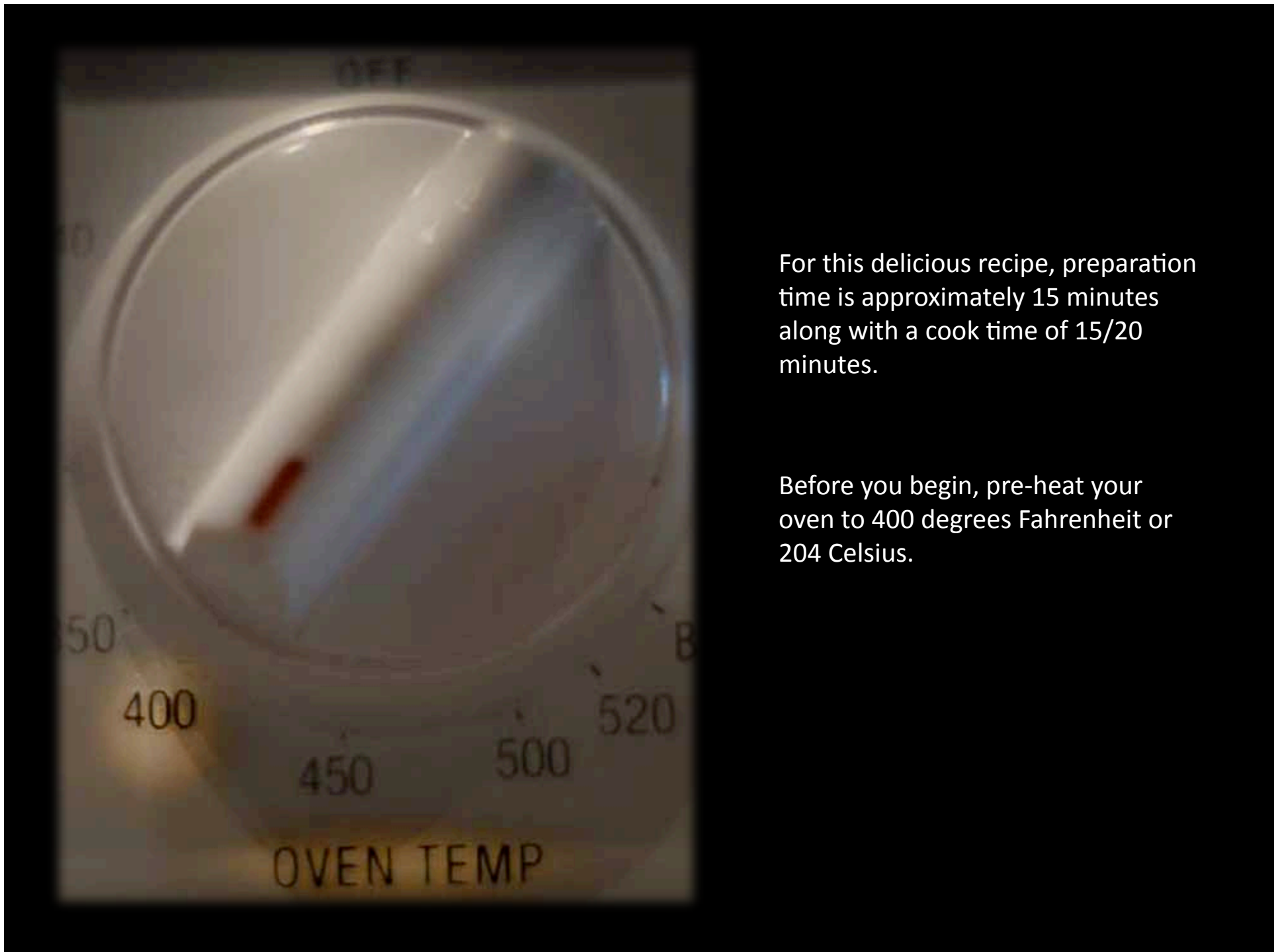


*Baked Rosemary and Lemon  
Salmon*





For this delicious recipe, preparation time is approximately 15 minutes along with a cook time of 15/20 minutes.

Before you begin, pre-heat your oven to 400 degrees Fahrenheit or 204 Celsius.

NEEDED:

-Salmon Fillet  
(preferably fresh,  
wild caught) -  
any size.

-1 or 2 Garlic  
cloves.

-1 or 2 Lemons.

-Fresh Rosemary  
Sprigs.

-Olive oil (a good  
one).

-Salt & Pepper.

-Baking pan (not  
included in  
photo) or an  
oven safe skillet,  
that could fit  
entire salmon  
fillet.

-Micro plane for  
zesting the  
Lemon.





Slice 1 lemon into wheels and place on baking sheet or (as shown) carbon steel skillet, so as to make a bed for the salmon - so maybe 6 - 8 wheels, depending on size of Salmon fillet.



Place rosemary sprigs on top of the lemon wheels.



Season – to taste - both sides of the Salmon.

Using only the best salt you can find – Sea salt, Himalayan or Fleur de sel... And, freshly ground pepper.



One or two cloves of garlic -



Roughly chopped.

Add some of the chopped Garlic to the Salmon -



Along with loose Rosemary.



Zest the remainder  
of the Lemon -



And add to Salmon.



Lay Salmon - skin-side down - onto bed of the lemon wheels and rosemary sprigs.



Drizzle Salmon with a nice olive oil...

Timer		
	12	
	13	
	14	
<b>0 hours</b>	<b>15 min</b>	<b>0 sec</b>
1	16	1
2	17	2

Timer		
	17	
	18	
	19	
<b>0 hours</b>	<b>20 min</b>	<b>0 sec</b>
1	21	1
2	22	2

Depending on  
thickness of Salmon

set your timer to  
either  
15 minutes

or

20 minutes

(Do NOT open oven).



After 15 (or 20) minutes it's ready - ENJOY!!!