

## Slow-Roasted Salmon with Cucumber-Dill Sauce

Serves 8 (more as part of a large buffet)

*Discovered at the [Eat Drink Garden by Valerie Rice](#) blog where it is originally credited to Suzanne Goin from her cookbook [Sunday Suppers at Lucques](#). I adapted the recipe to my own tastes and recommend you do the same although this particular combination of flavors seems well-suited to spring and early summer.*

### **For the salmon:**

1 side of salmon (about 2 lbs), skin-off and pin bones removed  
Kosher or sea salt  
Freshly ground black pepper  
1 large shallot, finely chopped  
¼ cup chopped flat leaf parsley  
Zest from 1 lemon  
2 tablespoons extra virgin olive oil

### **For the Cucumber-Dill Sauce:**

1 cup 2% Greek Yogurt  
2 small Persian cucumbers, peeled and finely diced  
¼ cup chopped fresh dill  
1 garlic clove, minced  
2 teaspoons extra virgin olive oil  
Juice from about 2 lemons  
Kosher salt  
Freshly ground black pepper

Remove the salmon from the refrigerator 30 minutes before cooking.

Preheat the oven to 250 degrees. Place a shallow pan of water on the bottom rack. Line a baking sheet with parchment paper and place the side of salmon on top, skin side down.

Generously season the salmon with salt and freshly ground black pepper. Combine the shallot, parsley, lemon zest, and olive oil in a small bowl. Stir to combine then spread the mixture evenly over the salmon.

Bake the salmon for 25 to 30 minutes until the center is slightly translucent and the flesh just flakes. Remove from the oven and let sit for 20 minutes before serving. I find that it easiest to move the salmon to a serving platter using the parchment paper. Once on the platter, gently slip the parchment paper out from underneath it.

To make the sauce, combine the yogurt, diced cucumbers, dill, garlic, and olive oil in a small bowl. Add lemon juice to taste and then season with salt and freshly ground black pepper. Refrigerate until ready to serve.

**This recipe came from Minced blog at [www.mincedblog.com](http://www.mincedblog.com).**