

Salmon With Sautéed Mushrooms, Shallots and Fresh Herbs

By Martha Rose Shulman

Total Time About 45 minutes

Rating ★★★★★ (577)

You'll never want to cook salmon any other way after you make this. It steams above a pan of water in a low oven, resulting in a very moist piece of fish. The mushrooms are wonderful on top or on the side.

INGREDIENTS

Yield: Serves 4

One 1½-pound salmon fillet, or two 12-ounce fillets

2 tablespoons extra virgin olive, plus about 1 teaspoon for the baking sheet

Salt and freshly ground pepper

1 pound white or cremini mushrooms, rinsed briefly and wiped dry

2 tablespoons extra-virgin olive oil

2 shallots, minced

2 to 4 garlic cloves (to taste), minced

2 teaspoons chopped fresh thyme or rosemary (or a combination), or ½ to 1 teaspoon dried

¼ cup dry white wine, such as Sauvignon blanc

PREPARATION

Step 1

Preheat the oven to 300°F. Cover a baking sheet with foil and lightly oil the foil. Place the salmon on top. Season with salt and pepper. Fill a roasting pan with boiling water and place it on the oven floor.

Step 2

Place the salmon in the oven and bake until the fish flakes and white bubbles of protein appear on the surface, 10 to 20 minutes, depending on the size of the fillets. Remove from the heat.

Step 3

Meanwhile, cook the mushrooms. Heat a large, heavy frying pan over medium-high heat and add 1 tablespoon of the olive oil. When the oil is hot (you can feel the heat when you hold your hand above the pan), add the mushrooms and cook, stirring or tossing in the pan, for a few minutes, until they begin to soften and sweat. Add the remaining oil, turn the heat to medium, and add the shallots, garlic, and herbs. Stir together, add ½ teaspoon salt and freshly ground pepper to taste, and cook, stirring often, for another 1 to 2 minutes, until the shallots and garlic have softened and the mixture is fragrant. Add the wine and cook, stirring often and scraping the bottom of the pan, until the wine

has just about evaporated. Taste and adjust seasonings. Remove from the heat.

Step 4

Serve the salmon with a spoonful of mushrooms on top or on the side.

Private Notes

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