



Recipe: Herb Crusted Salmon

While surfing our Roku service this month, I stumbled upon America's Test Kitchen TV show. I have been hooked ever since. I have found that they take some basic dishes, and improve them dramatically by using "best cooking practices". With every episode I watch, I pick up great ideas for improving the way I cook and I will continue to pass along other great ideas that I come across.

FROM AMERICA'S TEST KITCHEN WEBSITE: WHY THIS RECIPE WORKS:

A dusty, flavorless sprinkling of bread crumbs often serves as the crust of herb-crusted salmon. We layer delicate tarragon under a toasted panko crust to protect the fresh herb flavor that can be driven away while the fish cooks in the oven. Our crust is bound with a couple of tablespoons of beaten egg, ensuring that it stays in place. And a quick brine keeps the salmon fillets moist and ensures that they are perfectly seasoned.

For the fillets to cook at the same rate, they must be the same size and shape. To ensure uniformity, we prefer to purchase a 1 ½ - to 2-pound center-cut salmon fillet and cut it into four pieces. Dill or basil can be substituted for tarragon.

INGREDIENTS

- Salt and pepper
- 4(6- to 8-ounce) skin-on salmon fillets
- 2 tablespoons unsalted butter
- ½ cup panko bread crumbs
- 2 tablespoons beaten egg
- 2teaspoons minced fresh thyme
- ¼ cup chopped fresh tarragon
- 1 tablespoon whole-grain mustard
- 1 ½ teaspoons mayonnaise
- Lemon wedges

INSTRUCTIONS

- 1.** Adjust oven rack to middle position and heat oven to 325 degrees. Dissolve 5 tablespoons salt in 2 quarts water in large container. Submerge salmon in brine and let stand at room temperature for 15 minutes. Remove salmon from brine, pat dry, and set aside.
- 2.** Meanwhile, melt butter in 10-inch skillet over medium heat. Add panko and 1/8 teaspoon salt and season with pepper; cook, stirring frequently, until panko is golden brown, 4 to 5 minutes. Transfer to bowl and let cool completely. Stir in egg and thyme until thoroughly combined. Stir tarragon, mustard, and mayonnaise together in second bowl.
- 3.** Set wire rack in rimmed baking sheet. Place 12 by 8-inch piece of aluminum foil on wire rack and lightly coat with vegetable oil spray. Evenly space fillets, skin side down, on foil. Using spoon, spread tarragon mixture evenly over top of each fillet. Sprinkle panko mixture evenly over top of each fillet, pressing with your fingers to adhere. Bake until center of thickest part of fillets reaches 125 degrees and is still translucent when cut into with paring knife, 18 to 25 minutes. Transfer salmon to serving platter and let rest for 5 minutes before serving with lemon wedges.