

Citrus & Olive Oil Slow-Baked Salmon with Basil Vinaigrette

**Gather
& Feast**

By Ashley Alexander

This citrus and olive oil slow-baked salmon is an easy, foolproof way to cook perfectly tender fish every time. If you've never tried slow-baking salmon before, this might just become your new favourite way to cook it. The fish gently cooks in olive oil over slices of lemon until it's incredibly tender and silky, then it's finished with a vibrant basil vinaigrette that brings everything to life. It's simple, fresh and the kind of effortless dish that feels just as good for a weeknight dinner as it does for entertaining.

SERVES 8 | **PREP TIME** 15 minutes | **COOK TIME** 45 minutes | **TOTAL TIME** 1 hour

INGREDIENTS

Salmon

- 1 x 1 kg side of good-quality salmon (I've used wild-caught NZ King Ora salmon). You can use skin-on or skin-off - it's purely personal preference.
- 1 lemon, thinly sliced
- 1/4 cup extra-virgin olive oil
- Flaky sea salt

Basil Vinaigrette

- 1 large bunch fresh basil (about three generous handfuls), leaves and tender stalks
- 1/4 cup extra-virgin olive oil
- 2 medium-large garlic cloves
- 2 tablespoons red wine vinegar
- 1 tablespoon pure maple syrup (or 1/2 teaspoon caster sugar)
- 1/4 teaspoon fine sea salt, plus more to taste

METHOD

Salmon

1. Preheat your oven to 110°C / 230°F.
2. Arrange the thinly sliced lemon in a snug ovenproof baking dish or cast-iron/ceramic pan large enough to hold the salmon.
3. Sprinkle the lemons lightly with flaky sea salt, then place the salmon on top.
4. Drizzle generously with the olive oil and finish with another generous pinch of flaky sea salt.
5. Bake for 45 minutes, or until the salmon is just set and softly flaking.
6. Remove from the oven and allow to rest for 10-15 minutes before serving.
7. To serve, drizzle a few spoonfuls of the basil vinaigrette over the salmon and serve the remaining vinaigrette on the side. Finish with a few fresh basil leaves, a squeeze of lemon, and freshly cracked black pepper if you like.

Basil Vinaigrette

1. Place all ingredients in a blender and blend until smooth.
2. Pour into a small bowl or jar and refrigerate until ready to use.
3. The vinaigrette can be made a day ahead, although the colour may lose some of its vibrancy. For the brightest flavour and colour, it's best made fresh.
4. It's also delicious drizzled over mesclun leaves with sliced avocado for a simple, fresh salad.

NOTES

Using individual fillets: You can make this recipe using individual salmon fillets instead of a whole side. Choose thick belly fillets rather than thinner tail pieces, then arrange them close together in the baking dish so they form one larger piece. Cook at 110°C / 230°F for about 30 minutes, or until just set and softly flaking.

Use a snug baking dish: A dish that closely fits the salmon helps keep the olive oil and juices surrounding the fish, encouraging gentle, even cooking.

Low and slow is key: Cooking salmon at a low temperature keeps it incredibly tender and silky rather than dry or chalky.

Don't skip the resting time: Allowing the salmon to rest lets the proteins relax and the juices redistribute.

Skin on or off works: Skin-on salmon will be slightly richer in flavour, while skinless makes serving a little easier.

Best served just warm or at room temperature: This dish is wonderful served slightly warm or even room temperature, making it perfect for entertaining.

Leftovers: Flake leftover salmon through salads, grain bowls, or fold into pasta with extra vinaigrette.

Storing leftover salmon: Store any leftover salmon in an airtight container in the fridge for up to 3 days.

Storing the vinaigrette: Store any leftover vinaigrette in an airtight jar or container in the fridge for up to 4 days. Give it a quick stir or shake before serving.



Find the recipe and watch the video online:

<https://www.gatherandfeast.com/citrus-olive-oil-slow-baked-salmon-basil-vinaigrette>

Let me know if you make the recipe! x @gatherandfeast