

Slow-roasted salmon with fennel, citrus and chiles

Salmon, cod, halibut and other types of fish are high in omega-3 fatty acids. For this recipe, you can use any of these types of fish.

Ingredients:

6 salmon filets
1 medium fennel bulb, thinly sliced
1 blood or navel orange, very thinly sliced, seeds removed
1 Meyer or regular lemon, very thinly sliced, seeds removed
1 red Fresno chile or jalapeño, with seeds, thinly sliced
4 sprigs dill, plus more for serving
kosher salt and coarsely ground black pepper
1 2-lb. skinless salmon fillet, preferably center-cut
¾ cup olive oil
Flaky sea salt

Instructions:

Step 1

Preheat oven to 275°. Toss fennel, orange slices, lemon slices, chile, and 4 dill sprigs in a shallow 3-qt. baking dish; season with kosher salt and pepper. Season salmon with kosher salt and place on top of fennel mixture. Pour oil over.

Step 2

Roast until salmon is just cooked through (the tip of a knife will slide through easily and flesh will be slightly opaque), 30-40 minutes for medium-rare.

Step 3

Transfer salmon to a platter, breaking it into large pieces as you go. Spoon fennel mixture and oil from baking dish over; discard dill sprigs. Season with sea salt and pepper and top with fresh dill sprigs.

Yield: 6 servings