

Salmon en Papillote With Dill

Its tender, delicate yet rich meat only gets more succulent when you semi-poach/semi-bake this fish. Once you've tried this method you'll never think of pan searing or grilling your salmon again.

14 ounce salmon fillet (from the center of the fish, so that is even on both ends)
3 tablespoons butter, unsalted, sliced
8 cherry tomatoes, sliced lengthwise
2 to 3 slices of lemon
2 to 3 slices of orange
2 large bunches of fresh dill, washed and stems chopped off
½ cup dry white wine (Pinot Grigio, South African Sauvignon Blanc)
½ teaspoon fine sea salt, plus more, to taste
½ teaspoon fresh cracked pepper

1. Heat the oven to 400 degrees.
2. Cover a 1½ quart glass baking dish place with 2 large sheets of aluminum foil or parchment paper; the foil or parchment should be an extra 6 inches on each side.
3. Rinse the salmon, then place it flesh side up on the tin foil. Place the butter slices all over the fish, add the tomatoes halves (seed side down), then place the lemon and orange slices on top of the fish. Cover the fish in a blanket of fresh dill. Pour the white wine on top. Add the salt and pepper.
4. Take the extra aluminum foil on the sides and bring them together, creating a loose tent over the fish. Attach the foil by pinching it together strongly enough so that it stays together while it cooks. Place it in the oven for 30 minutes (check after 20 minutes every 3 to 4 minutes), or until the salmon flakes easily with a fork.