



Salmon Baked in Foil

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I've shared several of Chef Giada De Laurentiis' recipes and this is one of my favorites which also happens to be very easy. The tomato topping on the salmon gives it a nice flavor and the best part about this recipe is there is minimal clean up since you bake the salmon in foil. My daughter isn't a big fan of tomatoes, but for some reason she doesn't mind them on this salmon dish.

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When I make this salmon recipe I usually use diced tomatoes in a can with basil and oregano and drain the juice from the can. I also typically don't have fresh herbs on hand unless it's summertime so I just use dried herbs.

This recipe is from Giada's cookbook [Everyday Italian](#). According to Giada, "Cooking fish al cartoccio, in a bag" is a technique that's been used by Italians and other cultures for a long time. It's actually a method of steaming rather than baking; the tight wrapping seals in all the juices and aromas so you end up with a mouthwatering combination of flavors. You could also steam vegetables in an aluminum pouch alongside the salmon.

I hope you enjoy this recipe and for other Giada recipes I've shared click, [here](#), [here](#) and [here](#).

Salmon Baked in Foil

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Ingredients

- 3 tomatoes, chopped, or 1 (14 oz. can diced tomatoes in juice, drained)
- 2 shallots, chopped
- 2 tbsp plus 2 tsp olive oil
- 2 tbsp fresh lemon juice (from about 1/2 lemon)
- 1 1/2 tsp chopped fresh oregano or 3/4 tsp dried
- 1 1/2 tsp chopped fresh thyme or 3/4 tsp dried
- 1 tsp salt
- 3/4 tsp freshly ground black pepper
- 4 salmon fillets (about 5 ounces each)

Instructions

1. Preheat the oven to 400 degrees.
2. In a medium bowl, stir the tomatoes, shallots, 2 tbsp of oil, lemon juice, oregano, thyme, 1/2 tsp of salt and 1/4 tsp of pepper.
3. In the center of each of four large sheets of aluminum foil, spoon 1/2 tsp of oil.
4. Place one salmon fillet atop each sheet of foil and turn to coat with the oil.
5. Sprinkle the salmon fillets with the remaining 1/2 tsp each of salt and pepper.
6. Spoon the tomato mixture over the salmon.
7. Fold the sides of the foil over the fish and tomato mixture, covering completely and seal the packets closed.
8. Place the foil packets on a large, heavy baking sheet.
9. Bake until the salmon is just cooked through, about 25 minutes.
10. Unwrap the foil packets and plate the fish on a platter.

This [grilled broccoli and onion salad](#) would make a nice side dish to go with the salmon. You could also cook the salmon in foil on the grill. However, I'm not sure on grilling times for the salmon. The weather is starting to warm up in Kansas City and I'm ready to fire up the grill.



Grilled Broccoli
and Onion Salad

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