

# SLOW ROASTED SALMON WITH MANGO-CUCUMBER SALSA

SERVES 4-6

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*For the salsa:*

*½ cup diced cucumber (If you use a variety like Persian or Hothouse, you can leave the seeds and skin on.)*

*1 mango, firm, but ripe, peeled and diced*

*½ jalapeno, minced, seeds removed for less heat*

*1 scallion, finely chopped or 3 Tablespoons finely diced red onion (this measurement is really according to taste)*

*1 Tablespoon fresh lime juice*

*¼ cup fresh cilantro leaves, chopped (tender stems are ok)*

*sea salt and freshly ground black pepper to taste*

*24 ounce fillet of wild salmon\*(leave out of refrigerator 20 minutes before roasting)*

*unrefined, cold-pressed extra-virgin olive oil*

*sea salt and freshly ground black pepper*

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1. Preheat oven to 250 degrees. Line a large rimmed baking sheet with parchment paper. Place the salmon on the baking sheet and drizzle with enough olive oil to coat the top of the fish lightly. You can use your hands to oil the fish. Sprinkle with sea salt and pepper to taste.
2. Bake for 25-35 minutes or until center of salmon is rare and starting to flake when you poke it with a paring knife. The amount of time it takes to cook the salmon perfectly depends on the temperature of the fish when you place it in the oven and the thickness of the fish.
3. While the salmon cooks, prepare the salsa. Mix all the salsa ingredients in a medium nonreactive bowl and toss to combine. Season with salt and pepper to taste.
4. Serve salmon warm, room temperature or cold with salsa.

*\*If you use individual fillets, adjust cook time accordingly. 6 ounce fillets will take approximately 20 minutes.*

*If you're really not sure if the salmon is done, you can roast until the thickest part registers 125 degrees on an instant read thermometer.*