

BAKED SALMON WITH LEMON

Ingredients:

3 to 4 pound Sockeye salmon
fillet, boneless
1/2 cup extra virgin olive oil
1/2 cup chardonnay wine
1/4 cup fresh dill
1 large ripe lemon
salt and pepper

Directions:

Preheat oven to 400° F. Wash salmon thoroughly. Rub the olive oil over all sides and place the fish into an aluminum foil tent. Pour the chardonnay wine over the salmon and drain off. Sprinkle salt and pepper over salmon evenly and dust with the fresh dill. Squeeze the juice of the lemon over the top before folding the foil to make a tent. Cook for 30 to 40 minutes or until salmon flakes.

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