

Paulette's Salmon

One filleted side of salmon, preferably fresh, rinsed and patted dry

1/2 a lemon, scrubbed

2-3 tablespoons olive oil

1-2 teaspoons salt

2 teaspoons dried thyme

2 teaspoons dried rosemary

2 tablespoons wine, red or white, optional (for drizzling around the fish)

Directions:

Preheat the oven to 400 F/200 C. Make sure it comes to temperature, about 15 minutes.

Line a rimmed baking sheet with either tinfoil (and then spray lightly with oil spray to prevent sticking) or parchment paper. Place salmon on foil/parchment.

Squeeze the lemon over the fish. Take the olive oil and drizzle over the fish. Rub it into fish. Sprinkle the salt, thyme and rosemary over the salmon evenly. If using the wine, drizzle **AROUND** the fish, not on top of it. Don't overdo, it's meant to be a hint of flavor. Cover fish tightly with tin foil. Place in the hot oven and bake about 25 minutes (don't overbake). Remove from oven, remove foil and place back into oven, turning oven to **BROIL** and continue cooking 5-6 minutes. Fish will not brown, this is to cook center just till done. Remove promptly from oven and recover !!! (do it, don't forget!) with same tinfoil. Let rest about ten minutes and either serve immediately or at room temperature. Nice served with lemon and mayonnaise.