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the market



Salmon in Chermoula

(Chermoula is a traditional Moroccan marinade)

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Ingredients

Cook Time: 2 - 1/2 Hours

Preptime: 10 Minute

1/3 C fresh parsley, finely chopped

1/3 C fresh cilantro, finely chopped

1/2 C white onion, finely chopped

3 garlic cloves, fineley chopped

2 tablespoons paprika

1 tablespoon ground cumin

2 teaspoons ground coriander

1 pinch of each: black pepper, sea salt and cayenne pepper (to taste)

1/2 C lemon juice

1/4 C extra virgin olive oil

2 pounds salmon fillets

Preparation

To make chermoula, mix herbs and spices in a small bowl. Pour lemon juice and olive oil over and mix well. Taste and adjust as desired.

Place salmon fillets in a baking dish and cover with chermoula. Cover and allow to sit at room temperature for about 30 minutes.

Remove the plastic wrap and place baking dish in preheated 350° oven. Bake for approximately 20 minutes, or until the fish is done, basting every 5 minutes or so with the marinade.

Serve immediately, spooning a little of the marinade over each serving.