



## Cast-Iron Skillet Coho Salmon Vesuvio

Chef Peter Block, [Sitka Salmon Shares](#)

### Ingredients

- 1 1/4 lb coho fillet
- 6 cloves garlic
- 2 tsp salt
- 2 tsp dry thyme (or 1 1/2 tsp fresh)
- 2 tsp dry oregano (or 1 1/2 tsp fresh)
- 1 Tbsp lemon pepper
- 1/4 cup chicken stock
- 1/4 cup lemon juice
- 1 Tbsp olive oil
- 2 Tbsp butter

### Directions

1. Mix together salt, thyme, oregano, and lemon pepper. Cover fillet in the spice mixture (the entire spice mixture may not be needed).
2. In a cast-iron skillet, heat olive oil. Meanwhile, set the oven to 325 degrees. When the oil is hot, place fillet flesh-side down and cook for 2 minutes.
3. Flip salmon skin side down and add stock, lemon juice, and garlic. Spoon the sauce and garlic over the salmon and place in the oven for 10-12 minutes.
4. Remove from the oven and place on the stovetop over low heat. Add butter and spoon over salmon for a minute or two.
5. Garnish with fresh oregano and thyme and serve warm.

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