
Roasted Spicy Salmon

3-4lbs	whole salmon, dressed	1.5 – 2 kg
1	bunch cilantro, chopped	1
¼ cup	chopped parsley	50mL
2Tbsp	chopped mint leaves	25mL
2	jalapeno peppers, seed removed	2
1Tbsp	minced fresh ginger	15mL
2	garlic cloves, chopper	2
2Tbsp	fresh lemon juice	25mL
2Tbsp	vegetable oil	25mL
2tsp	cumin seeds, toasted	10mL
1tsp	salt	5mL
½ cup	diced tomato	125mL

1. Cut diagonal slashes about 4"(10 cm) long, 1½"(4 cm) apart and ½"(1 cm) deep on each side of salmon.
2. In bowl of food processor place cilantro, parsley, mint, peppers, ginger, garlic, lemon juice, vegetable oil, cumin and salt; pulse to make a paste. Transfer to a small bowl and fold in tomato.
3. Stuff spice mixture into slits and belly cavity of the fish. Cover and refrigerate 1-4 hours.
4. Preheat over 425°F(220°C). Transfer salmon to a lightly oiled roasting pan. For cooking measure the thickest part of the salmon and allow 10 minutes per inch (2.5 cm) of thickness. Or cook until fish flakes easily along both sides of backbone at the thickest point when tested with a fork.

Preparation time: 15 minutes

Marinating time: 1-4 hours refrigeration

Cooking time: 10 minutes

Serves: 6