

American / Healthy

Main Courses

Garlic Lemon Dill Baked Salmon

⌚ Prep: 10m

🔥 Cook: 15m

Σ Total: 25m

👤 4 servings



Video ref: Natasha's Kitchen (Natasha Kravchuk)

MISE EN PLACE / INGREDIENTS

[8]

- ☐ 2 lbs Whole side of fresh skin-on salmon fillet
- ☐ 3 tbsp Unsalted butter, melted
- ☐ 1 tbsp Extra-virgin olive oil
- ☐ 3 cloves Fresh garlic cloves, minced
- ☐ 1 whole Fresh lemon, half juiced (1.5 tbsp) and half sliced into thin rounds
- ☐ 2 tbsp Fresh dill weed, finely chopped
- ☐ 1 tsp Kosher salt
- ☐ 0.5 tsp Freshly ground black pepper

🛒 US SUPERMARKET BRAND GUIDE

Fresh Salmon Fillet: Kirkland Signature Fresh Atlantic Salmon Fillet
Consistent uniform thickness that cooks evenly across the baking sheet. • 📍 Costco or grocery seafood counter.

Fresh Dill: Fresh Organic Dill
Aniseed, herbaceous notes that balance the omega-rich fattiness of salmon. • 📍 Produce fresh herb display.

COOKING SEQUENCE & CHECKPOINTS

- 1

Prep the Sheet

⌚ 5 min

Line a rimmed baking sheet with foil or parchment paper. Place the 2 lb salmon fillet skin-side down and pat dry with paper towels.
✓ Checkpoint: Dry salmon centered on the pan.
- 2

Whisk Herb Butter

⌚ 3 min

In a small bowl, whisk together 3 tbsp melted butter, 1 tbsp extra-virgin olive oil, 3 minced garlic cloves, juice of half a lemon, 1 tsp kosher salt, 0.5 tsp freshly ground black pepper, and 2 tbsp chopped fresh dill.
✓ Checkpoint: Vibrant yellow-green herb butter.
- 3

Brush & Top with Lemons

⌚ 2 min

Brush the garlic-herb butter generously all over the salmon fillet and shingle the thin lemon rounds across the top.
✓ Checkpoint: Glistening salmon crowned with lemon rounds.
- 4

Bake at 400°F to Flaky Perfection

⌚ 15 min

Bake uncovered at 400°F (205°C) for 12 to 15 minutes until opaque and easily flaked with a fork (130°F–135°F / 54°C–57°C for buttery flakes, or 145°F / 63°C for the FDA standard).
✓ Checkpoint: Flaky, succulent coral-pink salmon.

🛡️ **FOOD SAFETY & INTERNAL TEMPERATURE: 145°F (63°C) FDA/USDA SAFE MINIMUM INTERNAL TEMPERATURE FOR FINFISH AND SHELLFISH**

FDA/USDA Finfish Safety Minimum (≥145°F / 63°C) vs Culinary Texture Target (125°F–135°F / 52°C–57°C): The FDA/USDA safe minimum for fish is 145°F (63°C) until opaque and easily flaked. Cooks who prefer a buttery medium-rare/medium center (125°F–135°F / 52°C–57°C) should source high-quality sashimi/parasite-controlled salmon.

👁️ **MASTER DONENESS CHECKPOINT:**

Salmon flakes effortlessly into tender, translucent pink layers with fragrant lemon garlic herb juices.

🔬 **WHY IT WORKS:**

Controlled 400°F Oven Roasting:
Baking at 400°F (205°C) locks in moisture swiftly without scorching the garlic-butter glaze, preventing albumin proteins from coagulating out onto the surface.

⚠️ **TROUBLESHOOTING:**

White substance appeared on salmon:
Monitor with an instant-read thermometer: pull at 135°F–140°F for carryover to a moist flake, or bake to ≥145°F (63°C) to meet the strict USDA finfish safety minimum.