



Recipe from: [My Catholic Tradition](#)

## **Baked Salmon with Green Sauce**

SERVES SIX TO EIGHT

### Ingredients

6 3/4 lb salmon, cleaned with head and tail left on  
3–5 spring onions (scallions), thinly sliced  
1 lemon, thinly sliced  
2 1/2 cups watercress sauce or herb mayonnaise  
1 medium cucumber, sliced thin  
1 lemon, quartered

Preheat the oven to 350°F.

Rinse the salmon and lay it on a large piece of foil.

Stuff the fish with the sliced spring onions.

Layer the lemon slices inside and around the fish.

Sprinkle with plenty of salt and ground black pepper.

Loosely fold the foil around the fish and fold the edges over to seal.

Bake for about 1 hour.

Remove the fish from the oven.

Leave to stand, still wrapped in the foil, for about 15 minutes.

Unwrap the parcel and leave the fish to cool.

When the fish is cool, carefully lift it on to a large plate, retaining the lemon slices.

Cover the fish tightly with clear film (plastic wrap) and chill for several hours.

Before serving, discard the lemon slices from around the fish.

Using a blunt knife to lift up the edge of the skin.

Carefully peel the skin away from the flesh, without tearing the flesh.

Pull out any fins at the same time.

Chill the watercress sauce or herb mayonnaise before serving.

Transfer the fish to a serving platter and serve the sauce separately.

Garnish the fish with thin slices of cucumber layered on the fish after skinning.

Serve with lemon wedges.

### Variation

Instead of cooking a whole fish, prepare 6–8 salmon steaks. Place each fish steak on an individual square of foil and then top with a slice of onion and a slice of lemon and season generously with salt and ground black pepper. Loosely wrap the foil up around the fish, fold the edges to seal and place the parcels on a baking sheet. Bake the steaks for 10–15 minutes, or until the flesh is opaque. Serve the fish cold with the chilled watercress sauce or herb mayonnaise.