

How to Cook Salmon

Eating seafood and fish is great for your health. You know that probably. Eating salmon is even better, because according to studies, salmon is rich in Omega three and particular fish fats which are very beneficial to humans, reducing the possibilities of heart and coronary diseases.

Now that you know that salmon is great for you, let's find out how to cook it. First of all if you want to bake it in the oven, you need to pre heat your grill to medium temperature. Cooking salmon with herbs and spices is always a great idea, since the result is absolutely delicious. Try to use dill and garlic, or even coriander and fennel. Using some nice seasonings is always a good idea, so try to imagine what you would like to eat salmon with, the most.

Choose the combination you like the most and chop some of those herbs in a small bowl. Rub the body of salmon with some olive oil and let it sit in oil for a while before cooking it.

Olive oil enhances the taste and smell of salmon; it doesn't make it greasy, which is also great. If you want to learn how to bake salmon, you need to know how to make it tastier. This is, thus, one of the very important tips and hints that you should not forget, no matter what the side dishes or other ingredients will be. Place the salmon, with the skin down on the grill, and bake it for eight to ten minutes in medium heat.

Since salmon doesn't need long cooking check it often, so as to make sure that no part of the fish is over baked. Cooking it with the skin is always recommended, not only because the skin has some proteins and vitamins that should not be eliminated, but also because this way you protect the fish meat, keeping it soft and tasty. Once your salmon is done, use some lemon juice and fresh pepper and enjoy it!

About the Author

Sturat enjoys writing on topics like [How to Bake Salmon](#) and [How to Cook Salmon](#) Visit [How to Cook Salmon](#).

Source: <http://www.spinneykitchen.co.uk>