

# My Favorite Recipes

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**Fish**

## Greek Yogurt &amp; Herb Crusted Salmon

1 portion

40 minutes

## Cooking Utensils

- |   |  |
|---|--|
| 1 | Baking Sheet (for cooking on)              |
| 2 | Pestle & Mortar (for grinding ingredients) |
| 3 | Spoon (for scooping yogurt)                |
| 4 | Brush or Spoon (for spreading sauce)       |
| 5 | Grater (for creating lemon zest)           |

## Ingredients

- |   |               |                |  |
|---|---------------|----------------|--|
| 1 | 1 (8 ounce)   | Salmon fillet  | Lay the salmon on a baking sheet and oil it. Salt the top of the salmon as desired.  |
|   | to taste      | Salt           |  |
|   | 3 tbsp        | Vegetable oil  |  |
| 2 | 3 stems       | Fresh Tarragon | Peel the garlic and grind it with the tarragon and cilantro in a pestle & mortar.  |
|   | 3 stems       | Fresh Cilantro |  |
|   | 1 clove       | Garlic         |  |
| 3 | 2 tbsp        | Greek yogurt   | Mix in the yogurt, the lemon juice from half of the lemon, and lemon zest as desired into the ground herbs. Keep the other lemon piece on the side to compliment the fish when eating. Once fully mixed, using the brush or spoon, layer the yogurt herb mix onto the top of the salmon. |
|   | $\frac{1}{2}$ | Fresh lemon    |  |
| 4 | 1 pinch       | Cayenne pepper | Evenly add the cayenne pepper on top of the yogurt herb mix covered salmon. Bake the salmon at 400° for 30 minutes. Serve with a side of rice and vegetables with the quarter lemon saved previously.  |