

Herb-Crusted Salmon

Fresh Atlantic salmon with a crispy herb and parmesan crust

About This Dish

Herb-crusted salmon is a modern culinary favorite that combines the rich, buttery flavor of fresh salmon with an aromatic blend of herbs and seasonings. This technique creates a beautiful contrast between the tender, flaky fish and the golden, crispy crust that forms during cooking.

The art of crusting fish dates back to French cuisine, where chefs would coat delicate proteins to protect them during cooking while adding complementary flavors. The herb crust method became particularly popular in the 1980s and 1990s as part of the nouvelle cuisine movement, which emphasized fresh ingredients and elegant presentation.

What makes this dish special is its perfect balance of flavors and textures. The herbs—typically a mixture of parsley, dill, thyme, and sometimes basil—provide freshness and aromatic complexity. Parmesan cheese adds a nutty, savory depth, while breadcrumbs create that coveted crispy texture. The result is a restaurant-quality dish that's surprisingly simple to make at home.

This preparation method not only enhances the salmon's natural flavor but also helps seal in moisture, ensuring the fish remains perfectly tender. It's an excellent technique for home cooks looking to elevate their seafood cooking skills.

● Prep: 15 mins | Cook: 15 mins | Serves: 4

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Recipe

Ingredients

- ✓ 4 salmon fillets (6 oz each), skin removed
- ✓ 1 cup fresh breadcrumbs
- √ ½ cup grated Parmesan cheese
- ✓ 3 tablespoons fresh parsley, chopped
- 2 tablespoons fresh dill, chopped
- ✓ 1 tablespoon fresh thyme leaves
- ✓ 3 cloves garlic, minced
- ✓ 3 tablespoons olive oil
- ✓ 2 tablespoons Dijon mustard
- ✓ Salt and freshly ground black pepper
- ✓ Lemon wedges for serving

Instructions

- 1. **Preheat oven** to 425°F (220°C). Line a baking sheet with parchment paper.
- 2. **Prepare the crust:** In a bowl, combine breadcrumbs, Parmesan cheese, parsley, dill, thyme, and minced garlic. Drizzle with olive oil and mix until evenly combined.

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4. **Apply mustard:** Brush the top of each fillet with Dijon mustard.

5. Add crust: Press the herb mixture firmly onto the mustard-coated side of each fillet.

3. Season salmon: Pat salmon fillets dry and season both sides with salt and pepper.

6. Bake: Place on prepared baking sheet and bake for 12-15 minutes, or until salmon flakes easily and crust is golden brown.

7. **Serve:** Let rest for 2 minutes, then serve immediately with lemon wedges.

Chef's Tips

- For best results, use wild-caught salmon when available
- Make your own breadcrumbs from day-old bread for better texture
- Don't overcook salmon should still be slightly pink in the center

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