



**NEW EPISODES
MONDAYS
AT NOON EST**

"Culinary Boot Camp: Fish" Baked Salmon

Salmon fillet (amount you like)

- fresh salmon**
- olive oil**
- 1 white onion**
- 1 green onion**
- 10 fresh basil**
- lime zest**
- kumquats**
- salt**
- pepper**
- garlic pepper**

Preheat oven 350 degrees.

Cut salmon fillet into large pieces. Pour a couple tablespoons of olive oil in a cast iron skillet. Once the olive oil is warm place the salmon pieces in pan.

Season salmon with salt, pepper and garlic pepper. Add sliced white onions, sliced green onions, and basil. Shave peel from lime and finely dice the peel and spread over fish.

Cut kumquats in fours and distribute over fish. Pour olive oil over entire dish before cooking.

Place in oven for approximately 15-20 minutes. Check for salmon flesh to change color slightly and to get flakey.

Bad fish: cloudy eyes, slimy, or smells 'fishy'