

# Spicy Slow-Roasted Salmon With Pickled Cucumbers and Avocado



THIS RECIPE IS AN ADAPTED VERSION OF [THE ORIGINAL RECIPE BY ALI SLAGLE ON NYTIMES COOKING](#)

SERVES 4 to 6

PREP TIME 30 minute

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## INGREDIENTS

- $\frac{3}{4}$  cup extra-virgin olive oil
- 2 teaspoons Korean chili flakes
- $\frac{1}{2}$  teaspoon paprika (not hot paprika\_
- 1 tablespoon fennel seeds, crushed
- $\frac{1}{2}$  tablespoon coriander
- Kosher salt and black pepper
- 1 (1.5-pound) skinless salmon fillet

- 2 medium cucumbers
- 1 cup white vinegar
- 1 avocado
- ¼ cup chopped parsley leaves

#### PREPARATION

1. Heat the oven to 300 degrees. In an ovenproof skillet large enough to hold the salmon, combine olive oil, chili flakes, paprika, fennel seeds, coriander, and a bit of kosher salt and a good grind of pepper. Cook over low heat, stirring occasionally, until you can really smell the spices and just simmering, about 5 minutes.
2. Pat the salmon dry, then sprinkle with salt and place in the spiced oil flesh side up (though the salmon filet is already skinned). Spoon some of the oil over the salmon, then bake, basting occasionally, until cooked through, 15 to 20 minutes. (You will know if the salmon is done when the fish flakes when cut into with a knife or fork or when an instant-read thermometer inserted into the thickest part reaches 120 degrees. The first time I made this I overcooked within just a minute or two, so keep a close eye!)
3. While the salmon roasts, peel the cucumber and cut into bite-size pieces. Combine with the white vinegar and if

you happen to have some fresh spices (thyme, rosemary, even mint would be nice) and place in a sealed container or Mason jar and refrigerate. It would be extra nice if you made the cucumbers up to a day in advance to really allow them to pickle and become cold, but it also works to make them at the same time as the salmon if you are short on time.

4. Break the salmon into large pieces on a serving platter. (Scatter the cucumbers around the salmon, then top with pickled cucumbers, sliced avocado, and chopped Italian parsley. Drizzle the left over chile oil and cooked down from the skillet over everything. (You will have more than you need — I made brown rice and poured the oil over the rice, which really gave the rice an extra oomph. The Ali Slagel original version of this recipe recommends dipping the remaining oil in bread which would be soooo yummy!)