

## High Tides

### Herb Crusted Salmon w/Angel hair Pasta in Roasted Garlic Sauce

#### Salmon

6 oz salmon filet, skinned and boned  
¼ c water  
¼ c wine  
Salt and pepper to taste  
Oil for pan

#### Herb Crumb Mix

½ c panko bread crumbs  
1 tsp each – dry dill, dry basil, dry thyme  
1 oz olive oil  
Mix all ingredients well.

#### Angel Hair Pasta in Roasted Garlic Sauce

2 c angel hair pasta, cooked and chilled  
1 tsp roasted garlic, chopped  
1 tsp lemon juice  
1 T – unsalted butter  
½ c whipping cream  
¼ c water  
Salt and pepper to taste

**Salmon & Herb Crumb Mix** – Place salmon on oiled baking pan. Spread herb mix over salmon. Bake at 400 for 8-10 minutes.

**Angel Hair Pasta in Roasted Garlic Sauce** – Add cream, water and garlic to sauce pan. Heat and add pasta, lemon juice, butter and salt and pepper to taste. Finish with parsley.

#### Roasted Garlic:

Preheat oven to 325 degrees. Line a baking sheet with parchment paper or aluminum foil. Cut the top quarter off each garlic head so the cloves are exposed. Place cut side up on the baking sheet. Drizzle the oil over the garlic and season lightly with salt and pepper. Turn the garlic cut side down and roast until the cloves are soft and golden...about an hour, maybe a little longer. You can refrigerate what you don't use. Just squeeze the soft garlic flesh into a bowl and mash it up. The puree can then be stored in an airtight container in the fridge for a couple of weeks.