

Hands down, though, the best way to cook salmon is to oven roast it, as in this adaptation from Mark Bittman's recipe in *Fish: The Complete Guide to Buying and Cooking* (Macmillan). Melt half a stick of butter in an ovenproof skillet. When the sizzling subsides, add a 1-pound piece of seasoned salmon, flesh-side down. Put the pan in a preheated 475° F oven for four minutes. Turn the fish over and cook four minutes more.