



HONEY SOY GLAZED SALMON

Submitted By: Sarah Morlock

PREP. TIME: 30 MIN COOK TIME: 15 MIN

SERVINGS: 4

Ingredients

- 4 SKINLESS SALMON FILLETS
- 2/3 CUP HONEY
- 2/3 CUP LESS SODIUM SOY SAUCE
- 2 CLOVES GARLIC, MINCED
- 1 TEASPOON BLACK PEPPER
- 1/2 TEASPOON GROUND GINGER
- 1 TABLESPOON OLIVE OIL
- 2 TEASPOONS CORNSTARCH

Directions

1. PLACE SALMON IN A SEALABLE BAG. IN A SMALL BOWL, WHISK TOGETHER ALL THE MARINADE INGREDIENTS, EXCEPT THE CORNSTARCH. POUR HALF OF THE MARINADE OVER THE SALMON. SAVE THE OTHER HALF FOR THE GLAZE.
2. LET THE SALMON MARINATE FOR AT LEAST 30 MINUTES.
3. HEAT OLIVE OIL IN A LARGE, CAST-IRON SKILLET ON MEDIUM HEAT. ADD SALMON, DISCARDING THE USED MARINADE. COOK SALMON ON ONE SIDE FOR ABOUT 4 MINUTES, THEN FLIP AND COOK AN ADDITIONAL 4 MINUTES ON THE OTHER SIDE, OR UNTIL DONE. REMOVE SALMON FROM THE PAN AND TENT WITH TINFOIL.
4. WHISK CORNSTARCH INTO RESERVED MARINADE. ADD TO THE CAST IRON PAN AND REDUCE THE SAUCE OVER MEDIUM-LOW HEAT, ABOUT 5 MINUTES. GLAZE SALMON WITH REDUCED SAUCE.

NOTES: EXCELLENT SERVED OVER A WILD RICE BLEND. THIS IS A GREAT MARINADE AND GLAZE FOR CHICKEN TOO!