



Orange Maple Glazed Salmon

Author: Bob and Robin Young

Categories: Main Dish - Seafood

Servings: 4

Start to Finish Time: 1 hour

Preparation Time: 30 minutes

Description: A wonderful teriyaki sauce that goes very well with the salmon. Might be good, too, with chicken.

Ingredients

4 3oz Salmon Filets
1/4 t Sea Salt
1/4 t Tellicherry Black Pepper
1 T Sesame Seeds
2 Navel Oranges, juiced and zested
3 T Garlic Infused Olive Oil
2 lg Scallions, chopped
4 lg cloves Garlic, peeled and chopped
1 2" piece fresh Ginger, peeled and minced
1/3 c Maple Syrup
1/3 c fresh Orange Juice, from Navel oranges
3 T low sodium Soy Sauce
2 t Sesame Oil
2 t Apple Cider Vinegar
1 T Orange Zest, measured

Directions

- 1) Rinse and pat dry salmon fillets. Place on large plate and salt and pepper each piece. Set aside.
- 2) Heat a large, cast iron or non-stick frying pan. Do not oil. When the pan is hot add sesame seeds. Stir often and watch carefully to avoid burning. Toast until golden. Set aside in small dish.
- 3) Juice orange to fill 1/3 cup and set aside. Grate or zest orange peel being careful to do so with a light hand. Do not zest white pith (it's bitter). Measure 1 Tb. and set aside.
- 4) Wipe out frying pan and place on medium flame. Heat EVOO until glistening and place salmon filets, skin side down in pan. Cook for 2-3 minutes until golden.
- 5) Turn gently and brown the second side. Do not move fish while it is cooking. If skin sticks or falls off, it's ok. It may be discarded if you like. Remove fish from pan and set aside.
- 6) Place remaining ingredients (except sesame seeds) in pan and stir to combine. Cook 3-4 minutes, stirring frequently, until sauce is reduced and thickened.
- 7) If using a cast iron pan, return salmon to the pan and spoon sauce on top of fillets. If using a non-stick pan, place fillets in an ovenproof dish (spray with cooking spray to prevent sticking) and spoon sauce over fish.
- 8) Bake at 350 degrees Fahrenheit for 6-8 minutes or until fish is cooked to your liking. If you like the salmon, cooked through, it should flake with a fork. Plate salmon with glaze from the bottom of pan and a sprinkle of sesame seeds. Note: This dish may be served hot, warm or at room temperature. It makes great leftovers.