

Asian Glazed Salmon

For: 6 fillets

Serves 6

- 3 garlic cloves
- 1/3 cup dark brown sugar
- 1/3 cup soy sauce
- 1/3 cup water
- 2 Tbsp rice or sherry vinegar
- 2 Tbsp whole grain or Dijon mustard
- 1/4 tsp red pepper flakes
- 2 Tbsp water
- 1 Tbsp cornstarch

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- 2 Tbsp sunflower oil
- 6 (4 oz) fillets center-cut salmon, skinned
- 1/2 tsp salt

Options: Black and white sesame seeds as a garnish.



1) Press or mince the garlic.

2) In a small saucepan, whisk together garlic, brown sugar, water, soy sauce, vinegar, mustard, and red pepper flakes. Bring to a boil over high heat.

3) In a separate bowl, mix the cornstarch and water together. Add to boiling mixture, stir for 1 minute and reduce heat to medium. As it begins to thicken, reduce to low and simmer until thickened, about 1 minute.

4) Cover to keep warm and set aside. DO NOT OVERCOOK or will be very salty!

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5) Heat the oil in a large nonstick skillet over medium-high heat. Season the salmon fillets with salt. When the oil starts to shimmer, place the salmon, skin-side up, in the pan.

6) Cook until golden brown on the first side, about 2-3 minutes. Turn the fish over with a spatula, then reduce the heat to medium and cook until the fillets feel slightly firm to the touch, 2 minutes more.

7) Take pan off heat and pour glaze over fish. Serve and garnish with sesame seeds.

If all of the fillets won't fit in the pan, cook the fish in two batches.