

BAKED CANDIED SALMON FILLETS

F EASY

Last Modified: 12/02/2016

PREP: 30 Min
COOK: 20 Min
OVEN: 350

SEAFOOD

MAKES 4 SERVINGS

QUA	MEASURE	INGREDIENT	PROCESS
2	Pounds	Center Cut King Salmon Fillet	Skin Removed
1/2	Cup	Pure Maple Syrup	
3	Cloves	Garlic	Crushed
3	Tsp	Fresh Ginger (Peeled)	Grated
2	Tsp	Olive Oil	
4	Tbsp	Light Brown Sugar	
1	Tsp	Kosher Salt	
1	Tsp	Fresh Ground Black Pepper	
3	Tbsp	Fresh Dill Weed Leaves	Chopped

PREPARATION

FACTOID	I had this fantastic Recipe in Detroit Michigan after my appointment at the VA Medical Center.
FACTOID	King Salmon is a naturally fatty fish. It does NOT need any additional Oil put on it in order for it to bake properly.
TOOLS	1) Food Processor OR Blender 2) 9" x 9" Glass Baking Dish 3) Stiff Metal Spatula
PREP	DISH 1) Chop the Dill Weed Leaves and set them aside. 2) Preheat the oven to 350 degrees with a rack just below center.
1	In a food processor, add the Syrup, Garlic, Ginger, Salt, Pepper and Olive Oil. Process on high speed until well combined.
CAUTION	The Salmon Fillet MUST have the skin removed.
2	Spray the baking dish with non-stick cooking spray.
3	Pour the Sauce over the Fillets, completely covering them, pick up the Fillet and allow the Sauce to run underneath. Sprinkle the top of the Filet evenly with Brown Sugar.
4	Bake 20 to 30 minutes, until the Brown Sugar has caramelized and the Salmon is flaky.
5	Cut the Salmon Filet into 4 even pieces. Place the Pieces on a serving platter and spoon any remaining Sauce in the dish over each piece.
SERVE	Serve while hot, warm or cold.