



Orange Maple Glazed Salmon

Serving:

4

Type:

pareve- dairy free

Author:

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Notes:

I often turn to citrus for inspiration when fresh fruits and veggies are less than inspiring in late winter. These simply seared salmon fillets lean towards Asian flavors and stay moist with plenty of citrus juice.

Ingredients:

4 salmon fillets

¼ tsp salt

¼ tsp pepper

1 Tbsp sesame seeds

2 navel oranges (for zest and juice listed below)
3 Tbsp olive oil
2 scallions-chopped
4 cloves garlic- peeled and chopped
1 two inch piece fresh ginger- peeled and minced
1/3 cup maple syrup (grade B is best for cooking and baking)
1/3 cup fresh orange juice
3 Tbsp low sodium soy sauce
2 tsp sesame oil
2 tsp apple cider vinegar
1 Tbsp orange zest

Directions:

Rinse and pat dry salmon fillets.

Place on large plate and salt and pepper each piece. Set aside.

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.

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.

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.

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.

Place remaining ingredients (except sesame seeds) in pan and stir to combine. Cook 3-4 minutes, stirring frequently, until sauce is reduced and thickened.

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.

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.

Tips:

Note: This dish may be served hot, warm or at room temperature. It makes great leftovers.