

Sweet & Spicy Maple Salmon

A simple and delicious preparation for salmon, perfect for simple weeknight meals or weekend gatherings!

Prep time: 15 min

Cook time: 5 min

You will need:

Baking sheet

Parchment paper

Pastry brush

Spatula

Hot oven

Ingredients:

Salmon filet	2 sides	(@5lbs) Coho or Sockeye are best
Cracked black pepper	2 tsp.	
Maple syrup	125 ml	(1/4 cup)
Kosher salt	2 tsp	(10g)

1. Preheat oven to 475 degrees. Line baking sheet with parchment. Skin the salmon and make sure pin bones are removed. If you have a whole fish, trim off the tail and belly, and slice filets in half, length wise along the seam then cut each piece into four equal lengths. You should now have sixteen, roughly 2" x 4" portions, and some trim.
2. Put the trim into the fridge for another use. No waste here!
3. Arrange the salmon on the baking sheet, presentation side up and brush with the maple syrup. Sprinkle with salt and black pepper. For spicy salmon, pack the pepper on to the pieces.
4. Place in hot oven for 4 - 5 min. Salmon should flake nicely and reveal a glassy interior, still moist. If you prefer the salmon well done, add 3 minutes to cooking time.
5. Serve immediately with your favourite accompaniments. A garden fresh salad and local potatoes are our favorite!

