

# HONEY GARLIC SALMON

Last Modified: 04/21/2024

PREP: 10 Min

COOK: 15 Min

STOVETOP & BROILER

F EASY

SEAFOOD

MAKES 2 SERVINGS

| QUA  | MEASURE | INGREDIENT                    | PROCESS     |
|------|---------|-------------------------------|-------------|
| 1    | Pound   | Center Cut King Salmon Fillet |             |
| 1    | Tbsp    | Olive Oil                     |             |
| 1+/- | Pinch   | Sea Salt                      | To Taste    |
| 1+/- | Pinch   | Fresh Ground Black Pepper     | To Taste    |
| 1+/- | Pinch   | Cayenne Pepper (Optional)     | To Taste    |
| 1    | Whole   | Lemon                         | Thin Sliced |
| 2    | Tbsp    | Fresh Italian Parsley Leaves  | Fine Chop   |

## GARLIC SAUCE

|      |        |                                  |        |
|------|--------|----------------------------------|--------|
| 4    | Tbsp   | Honey                            |        |
| 6    | Cloves | Garlic                           | Minced |
| 1    | Tsp    | Mushroom Soy Sauce (Healthy Boy) |        |
| 1    | Tbsp   | Warm Water                       |        |
| 1    | Tbsp   | Cider Vinegar (Heinz)            |        |
| 1+/- | Pinch  | Sea Salt                         |        |

## PREPARATION

|         |                                                                                                                                                                                                                                                                                                                    |
|---------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| FACTOID | I received this wonderful recipe from a friend who I made some Red-Oak shelves for her liquor cabinet. I altered it to use Mushroom Soy Sauce instead of plain Soy Sauce. Healthy Boy Brand is a very mild Mushroom flavor, not at all overpowering.                                                               |
| FACTOID | King Salmon is a naturally fatty fish. It does NOT need any additional Oil put on it in order for it to cook properly.                                                                                                                                                                                             |
| TOOLS   | 1) Small Mixing Bowl<br>2) Oven Safe Medium Skillet                                                                                                                                                                                                                                                                |
| PREP    | <b>DISH</b><br>1) Mince the Garlic Cloves and set them aside.<br>2) Finely Chop the Parsley Leaves and set them aside.<br>3) Cut the Salmon Fillet into 2 equal sized pieces.                                                                                                                                      |
| 1       | Season the Flesh side of the Salmon Pieces LIGHTLY with Salt, Black Pepper and Cayenne Pepper (Optional).                                                                                                                                                                                                          |
| 2       | In a small mixing bowl, mix together the Honey, Water, Soy Sauce, Vinegar and a pinch of                                                                                                                                                                                                                           |
| 3       | In a medium skillet over medium high heat, add in the Olive Oil and heat until it just shimmers. Fry the Salmon Pieces, skin side down for 2 minutes. Turn the Salmon over and fry for an additional 2 minutes. Remove the Salmon Pieces and set them aside. If desired, remove the Salmon skins and discard them. |
| 4       | Add the Garlic and Lemon Slices into the skillet. Saute while stirring until the Garlic is fragrant, about 2 minutes.                                                                                                                                                                                              |
| 5       | Place the Salmon Pieces back into the Skillet, skin side down. Drizzle the Sauce Mixture evenly over the top and cook until it thickens, spooning the hot Sauce over the top OFTEN for about 4 minutes. Remove and discard the Lemon slices.                                                                       |

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|              |                                                                                                                                     |
|--------------|-------------------------------------------------------------------------------------------------------------------------------------|
| <b>6</b>     | Sprinkle the top of each Salmon piece with Parsley and broil on high until the Glaze gets shiny and the Salmon just begins to char. |
| <b>7</b>     | Arrange the Salmon pieces on a serving platter and spoon any remaining Sauce in the skillet over the top of each piece.             |
| <b>SERVE</b> | Serve while hot, warm or cold.                                                                                                      |