

HONEY GARLIC SALMON

F EASY

Last Modified: 04/21/2024

PREP: 10 Min
COOK: 15 Min
STOVETOP & BROILER

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 2) Oven Safe Medium Skillet
DISH	
PREP	1) Mince the Garlic Cloves and set them aside. 2) Finely Chop the Parsley Leaves and set them aside. 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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6	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.
7	Arrange the Salmon pieces on a serving platter and spoon any remaining Sauce in the skillet over the top of each piece.
SERVE	Serve while hot, warm or cold.

