

Salmon with Cranberry Mustard Sauce – www.prideofbristolbay.com

INGREDIENTS:

Salmon:

4 6 ounce sockeye salmon portions

Cranberry Sauce:

6 ounces fresh or frozen cranberries

1/2 cup sugar

1/2 teaspoon finely grated lemon zest

1 tablespoon water

¼ c Brown Sugar

1 Tablespoon Dijon mustard

1 tablespoon red wine vinegar

1 tablespoon extra virgin olive oil

1 tablespoon finely chopped shallots

1/2 teaspoon chopped fresh thyme or 1/8 teaspoon dried or rosemary

1/2 teaspoon finely grated fresh ginger

Tender and moist salmon topped with a luscious cranberry ginger mustard sauce. It's delicious and it couldn't be easier!

INSTRUCTIONS:

To make the base cranberry sauce, place the first four ingredients in a small saucepan and bring to a boil. Simmer for about 10 minutes or until soft and thickened. Add all remaining ingredients and simmer for another 5 minutes. Add a few more whole cranberries and simmer for another minute. Let the sauce cool to room temperature and then store in the fridge. Will keep for at least a week.

Salmon Cooking Methods:

To bake the salmon: Preheat the oven to 450 degrees F. Place salmon in a baking dish and baked until cooked through, 12-15 minutes. Top with the cranberry sauce and broil for about a minute and serve immediately.

To pan-fry the salmon: Bring the salmon to room temperature before cooking. Heat 2 tablespoons of oil in a large non-stick skillet over medium-high heat. Place the salmon skin-side up in the skillet and fry for 4 minutes. Turn the salmon over and fry for another 3 minutes, depending on the thickness of the salmon. Cook until the salmon is firm to the touch. Top with the cranberry sauce and broil in the oven for about a minute and serve immediately.

To grill the salmon: Preheat the grill for medium heat. Lightly oil grill grate and place the salmon on the grates skin-side up. Grill for about 4 minutes, turn the salmon over and grill for another 4-6 minutes or until just cooked through. During the last couple of minutes of grilling, top the salmon with the cranberry sauce. Serve immediately.

For serving: Serve the salmon with steamed jasmine, basmati or wild rice and your choice of vegetables. Step 2: Add garlic to the pan. Sauté for 30 seconds or until aromatic. Add broth and reduce for 3-4 minutes. Combine cream, mustard and honey in a bowl. Pour into the pan and stir to combine.

Step 3: Meanwhile, mix cornstarch with 1 tablespoon broth. Stir into the pan along with 1/2 the dill and the lemon juice. Add spinach and let wilt for 2 minutes. Nestle salmon back into the pan and cook in sauce for 2 minutes. Sprinkle with remaining dill and lemon zest.