

Soy Ginger Glazed Salmon

by Chef Rafael Hernandez, Clovis Community Medical Center

Yield: Serves 2 (serving size: 4-6 oz per serving)

Ingredients:

- 2 Skinless Salmon Fillets (4-6 oz. each)
- 3 tbsp. Soy Sauce Reduced Sodium
- 1 tbsp. Rice Vinegar
- 2 tsp. Minced, Peeled White Garlic
- 2 tsp. Ginger Root
- 1 tsp. Grade A Clover Honey
- ½ tsp. Sambal Oelek Chili Paste
- 2 tsp. Extra Virgin Olive Oil
- 1 tsp. Iceless Green Onion
- ½ tsp. Whole Sesame Seeds

Preparation:

1. Preheat oven to 425 degrees.
2. Rinse produce and allow to drain in a colander or strainer.
3. Mince garlic, peel and grate fresh ginger, portion salmon to 4-6oz per serving.
4. In a saucepan, stir together the soy sauce, rice vinegar, garlic, and ginger. Bring to a simmer. Then remove from heat and stir in the honey and chili paste. Reserve a few spoonfuls of the sauce in a separate bowl for serving.

Directions:

1. Drizzle the salmon with olive oil and brush so it's evenly coated.
2. Place the salmon on a hot skillet and let it cook for 3 minutes until the salmon forms a nice crust.
3. With a flexible spatula, flip the salmon over. Brush the remaining glaze in the saucepan all over the top of the salmon.
4. Place the salmon into the oven and cook for 6 minutes. Once salmon is cooked, remove from oven and let it rest for 4 minutes.
5. Top with reserved glaze, chopped green onions and sesame seeds. Serve immediately.