



Maple Syrup Glazed Salmon

Prep time: 20-30 minutes, Cook time: 10-13 minutes, Total time: about 45 minutes

Ingredients

- 1 1/2 Tablespoons butter
- 1 TB fresh grated ginger root, peeled (or 1/4 to 1/2 tsp dried ground ginger)
- 2 garlic cloves, peeled and crushed

- 2 TB finely chopped red onion
- Pinch of salt (about 1/8 tsp)
- 4 1/2 TB lemon juice
- 1 1/4 TB apple cider vinegar

- 1/2 teaspoon dried oregano
- 4 TB maple syrup – dark, if possible (or birch syrup, late run/dark if possible)
- 1 1/2 TB butter

- 1 to 2 pounds of wild Alaskan salmon fillets - skinless

Instructions

- Preheat the oven to 350 degrees F.
- In a medium sized pot, over low-medium heat, add 1 1/2 TB butter, 1 TB fresh grated ginger, and 2 cloves of crushed garlic. Cook for a few minutes, stirring occasionally.
- Then add to the pot, 2 TB chopped onion, a pinch of salt, 4 1/2 TB lemon juice, and 1 1/4 TB apple cider vinegar. Reduce heat and continue cooking for a few minutes, stirring occasionally.
- Then add to the pot, 1/2 tsp dried oregano, 4 TB maple syrup, and 1 1/2 TB butter. After butter melts, reduce heat to low and continue cooking for about 6 to 8 minutes, stirring occasionally until the glaze thickens up a bit.
- Take pot off the heat. Remove the skin from the salmon. Place whole fillet, or cuts about 2 inch wide, into oiled or buttered 9x13 casserole baking dish. Sprinkle salt and pepper onto the salmon. Pour glaze on top of the salmon. Place salmon in the oven and bake at 350 F degrees for about 10-13 minutes. Alaskan sockeye salmon is lean, so be careful not to overcook. Remove, let sit for 2-5 minutes. Then enjoy!!