

Bourbon Glazed Salmon



INGREDIENTS

(Serves 4. 10-minute prep time; 10-minute cook time.)

- 4 salmon fillets, skin on
- 2 tablespoons vegetable oil
- ½ cup brown sugar, lightly packed
- 4 tablespoons bourbon
- 4 tablespoons soy sauce or tamari
- juice from ½ a lime
- 2 teaspoons fresh ginger, minced
- 3 cloves garlic, minced
- ¼ teaspoons ground black pepper
- 2 teaspoons sesame seeds
- 1 teaspoon red pepper flakes

PREPARATION

1. Combine the brown sugar, bourbon, soy, lime juice, ginger, garlic and black pepper. Stir well and set aside.
2. Heat the 2 tablespoons of vegetable oil in a large skillet. Add the salmon and cook skin side down for 4-5 minutes until the skin browns.
3. Gently flip and add the glaze to the pan. Cook for another 4-5 minutes. Flip the salmon over again and put on plates or platter.
4. Continue cooking the glaze 3 more minutes or until bubbling. Pour glaze over the salmon and garnish with sesame seeds and red pepper flakes.

RUSH HOUR RECIPES

Bourbon Glazed Salmon

SHOPPING LIST

Produce

Lime
Fresh ginger
Garlic

Grocery

Vegetable oil
Brown sugar
Soy sauce or tamari
Sesame seeds

Meat/Poultry/Fish

4 salmon filets

Spices/Seasonings

Red pepper
Black pepper

SERVING SUGGESTION

Serve with pan-roasted vegetables or a side of sesame noodles.

NUTRITIONAL INFORMATION

Per Serving: 388 calories, 13 g. fat, 89 mg. cholesterol, 21 g. carbohydrate, trace dietary fiber, 36 g. protein, 1,128 mg. sodium.

The nutritional values and information provided are approximations.

This Rush Hour Recipe courtesy of:

Lisa Smith, Neighborhood Co-op Grocery, Carbondale, Ill.

