Salmon Two Ways

Poached with White Wine and Dill

INGREDIENTS

Salad:
- 1 large salmon fillet—approximately 1 1/2 #
- 1 bunch dill, roughly chopped
- 6 cloves garlic, minced
- 1 red onion, sliced in rings
- 3 T. olive oil or butter
- 3/4 cup white wine
- salt
- pepper

DIRECTIONS

1. Preheat oven to 375
2. Heat olive oil or butter, sauté onions over medium heat until translucent, adding garlic about half way through—about 7 minutes total. Remove from heat.
3. In a deep baking dish, oil pan and lay salmon fillet skin side down in pan. Salt liberally, and pepper. Sprinkle with roughly chopped dill, garlic and onions. Pour wine over entire fillet so it is about 1/2 inch high throughout pan.
4. Bake approximately 18 minutes (about 15 minutes per inch of thickness) until fish has white bubbling and flakes easily.

Simple Miso Maple Glaze

INGREDIENTS

Simple Miso Maple Glaze Ingredients (for approximately 1 1/2 # salmon fillet):
- 1/2 cup miso paste
- 2 T. cup mustard
- 2 T. cup maple syrup
- 2 T. tamari soy sauce
- 4 cloves garlic, minced
- 1 inch ginger, minced
- salt

DIRECTIONS

1. Combine all ingredients together and whisk with fork until blended.
2. Spread evenly on salmon and bake in 375 degree oven or broil until tender—about 15 minutes.