

Salt and Serenity

Maple Pecan Salmon

1/3 cup pecans, toasted and coarsely chopped
3 tablespoons honey
3 tablespoons maple syrup
1 tablespoon butter
1 teaspoon Dijon mustard
4 – 6oz salmon fillets, skinless
salt and pepper
fresh coriander or parsley, chopped

1. Preheat oven to 200° F. Line a rimmed baking sheet with parchment paper.
2. In a small saucepan, simmer honey, maple syrup and butter for about 3-4 minutes, until slightly thickened.
3. Remove from heat, stir in mustard and toasted pecans. Cool slightly.
4. Place salmon on prepared baking sheet. Season with salt and pepper. Spoon the pecan mixture evenly over the fish. Bake for 15 minutes for rare and about 20 -30 minutes for medium done.
5. Remove salmon from the oven and sprinkle with parsley or coriander and serve.