

## *Idiot's Kitchen Recipe – Easy Glazed Salmon*

Recipe from [www.idiotskitchen.com](http://www.idiotskitchen.com)



### Ingredients:

1 pound Fresh Salmon Fillet – preferably wild-caught such as Sockeye, Coho, or Copper River  
3 Tablespoons Brown Sugar  
2 Tablespoons Whole Grain Mustard  
1 Tablespoon Light Soy Sauce  
Pepper

Preheat a grill to high or oven to 400 degrees.

In a small bowl, mix together 3 Tablespoons Brown Sugar, 2 Tablespoons Whole Grain Mustard, and 1 Tablespoon Light Soy Sauce. Season with freshly ground black pepper and stir to combine. Spoon over the salmon and let it rest about 10 minutes before cooking.

If cooking on a grill, make a homemade pan by folding a piece of foil to double thickness and turning up the edges to make sides. Poke several small holes in the bottom of the foil pan to allow the heat to reach the fish.

If cooking in the oven, cover a baking sheet with foil to keep the fish from sticking and for easy clean-up.

Grill or bake the fish for 10 – 12 minutes. The salmon is done when it lightens slightly in color, flakes easily with a fork, and the glaze has caramelized.

If cooking in the oven, to get better caramelization of the glaze, turn on the broiler for the last minute or two of cooking. Watch the fish carefully under the broiler so it doesn't burn.

Serves 2.