

Maple Dijon Crusted Salmon

This is a Recipe I have used for years, but I always used honey until I started substituting in maple syrup. I like Grade A dark maple syrup for this one because it is still slightly stronger more of just a sweeter flavor without overpowering the salmon. You should get yourself one of those nice little bi-stem instant read thermometers (but don't leave it in the oven!!!!) Those big giant old fashion meat thermometers are really no good in my opinion, trash 'em.

Serves 4

Ingredients:

4 6oz salmon fillets skin off

3 Tbls Grade A dark maple syrup

2 Tbls dijon mustard

pinch of salt and white pepper

1/3 C seasoned bread crumbs

1 Tbls melted butter

1/4 cup white wine

Juice from 1 lemon

1. Preheat oven to 400F.
2. Mix together the maple syrup and Dijon mustard and refrigerate while you prep the salmon.
3. Place your salmon fillets on a plate and pat them dry with a paper towel. This helps the syrup mixture to adhere to the salmon better.
4. You can use a baking sheet pan or casserole dish and spray it with cooking spray and place the salmon in the dish skin side down. (You may want to blot your salmon with a paper towel again just to make sure there is no moisture on the surface) Season the salmon with salt and white pepper.
5. Mix the bread crumbs with the melted butter and rub it lightly between your hands so there are no big lumps.
6. Using a pastry brush, put a light coating of the syrup mixture all over the salmon 1 piece at a time and top it with about a ¼ inch of crumbs and press it lightly into the salmon. **Note:** the mixture will run a bit so have your crumbs ready to go and do one piece at a time.
7. Then add the white and lemon to the pan. (Not over the salmon)
8. Place it in the oven on a middle rack for about 15-20 minutes or until the internal temperature is 140F and the crust is a nice golden brown. This goes great with some steamed red new potatoes tossed with a little butter, lemon juice, salt, and black pepper and chopped parsley. Also some grilled Asparagus brightens up the presentation.