

Maple Syrup Salmon



Here's a really simple recipe for preparing B.C. salmon with a uniquely Canadian flavor.

Ingredients

16 oz filleted salmon, cut into 3 or 4 pieces
1/4 cup Canadian maple syrup
1 minced clove of garlic
1/4 teaspoon garlic salt
2 tablespoons brewed soya sauce
Course ground pepper, a few twists of the mill

Preparation

1. Mix the maple syrup, garlic, garlic salt and pepper together in a bowl
2. Coat the salmon pieces in the maple syrup brine and leave them in the bowl to marinate for 15 minutes. Place the bowl in the refrigerator. Turn and leave for another 15 minutes.
3. Preheat your oven to 400 degrees F. Place the salmon pieces on a cookie sheet for 20 minutes. The flesh should be opaque and flake easily with a fork.