

Glazed Salmon

Hazel Blue Acres Silvana, WA

Salmon Prep & Brine:

¼ cup table salt for brining

¼ cup sugar for brining

2 quarts cold water

4 (6 to 8 ounce) skin-on salmon fillets

1 recipe glaze (following box)

½ teaspoon vegetable oil

1 tablespoon minced fresh parsley or chives

Adjust oven rack to middle position and heat oven to 300 degrees.

Dissolve salt and sugar in 2 quarts cold water in large container.

Submerge salmon fillets in brine and let stand at room temperature for 15 minutes.

Make the glaze while the salmon brines.

Remove fillets from brine and pat dry with paper towels.

Transfer 2 tablespoons glaze to small bowl and set aside.

Heat oil in 12-inch oven safe nonstick skillet over medium-high heat until just smoking.

Place fillets, flesh side down, in skillet and cook until flesh side is well browned, 2 to 3 minutes.

Flip fillets and reduce heat to low. Brush tops of fillets with reserved 2 tablespoons glaze.

Transfer skillet to oven and cook until centers are still translucent when checked with tip of paring knife and register 125 degrees (for medium-rare), 10 to 15 minutes.

Wash and dry brush.

Brush remaining glaze on top and sides of each fillet and sprinkle with parsley.

Transfer to a platter or individual plates and serve.

Lemony Thyme Glaze: (Makes ½ cup)

¼ cup lemon juice (2 lemons)

3 tablespoons water

2 tablespoons sugar

4 teaspoons soy sauce

1 ½ teaspoons cornstarch

6 sprigs fresh thyme

Combine lemon juice, water, sugar, soy sauce, and cornstarch in small saucepan and stir until no lumps remain.

Add thyme sprigs and bring to simmer over medium-high heat, stirring frequently.

Continue to cook, stirring frequently, until thickened, about 1 minute longer.

Remove from heat.

Discard thyme sprigs just before using.

Smokey Maple Glaze: (Makes ½ cup)

1/3 cup red wine vinegar

3 tablespoons maple syrup

4 teaspoons soy sauce

1 ½ teaspoons cornstarch

1/8 teaspoon liquid smoke

Combine all ingredients in small saucepan and stir until no lumps remain. Bring to simmer over medium-high heat, stirring frequently. Continue to cook, stirring frequently. Continue to cook, stirring frequently, until thickened, about 1 minute longer. Remove from heat.

Source: Cook's Illustrated Magazine