

Marvelous Marvin's Maple Salmon



Makes 4 servings

Recipe from De Stewart, Herbs and Spice, Findlay Market

4 ~ 6oz salmon filet, skinned

2t sea salt

4t maple powder

2t dill

olive oil

Preheat oven to 350. Coat bottom of oven~safe skillet with olive oil. Place skillet on burner and preheat on medium high.

Sprinkle each salmon filet with 1/2t salt, 1t maple powder and 1/2t dill. Carefully place filets in skillet. When they have cooked 1/4 of the way from the bottom up, remove skillet from stove.

Place skillet in oven and bake 6~8 minutes or until white omega fat appears in the crevices of the fish.

Prepare Ahead Tip

Prepare salmon up to the point of going into the oven. Cool and then freeze. Thaw overnight in refrigerator day before consumption. Bring to room temperature and bake as directed.