

SWEET SOY GINGER SALMON

From Jnan Blau

This is a wonderfully simple, yet tasty, way to cook a nice piece of salmon. Before I married, it was used to impress a date or two. I got the recipe from my mother about fifteen years ago. She had just gotten it from someone else, and tried it out one evening at our Lake Rancho cabin, in the south of Chile. This was a whole fresh salmon from the Pacific, bones still in. It was al dente, undercooked just so. Some friends were present, as well as several bottles of good Chilean wine. To this day, those of us who were in attendance still talk fondly of that night-and about that salmon. Just yummy, cooked lovingly to perfection. It was one of those occasions where good company, good food, good conversation, and good wine came together in a way most sublime.

Ingredients:

One nice-sized piece of salmon (or whole)

Chopped fresh ginger

Low-sodium soy sauce

Honey

Preparation:

1. Fill bottom of oven-safe baking dish with lots of soy, so the salmon is “swimming” in about 1/4 inch of it.
2. Place chopped ginger under, around, and on top of salmon.
3. Drizzle the whole mess with honey (not too sparingly).
4. Bake at 350-375 degrees for about 20 minutes (cooking time will vary, according to the size of salmon piece or whole fish)
5. Pull the salmon out from the oven every so often and drizzle with sauce from pan.
6. Do not overcook it-slightly undercooked is preferable (and safe). ☺