

Spanish Jack's

Simple Glazed Salmon

Makes 3 servings

Preparation: 5 minutes, Cook Time: 6 - 8 minutes

Yield: 3-6

Spanish Jack's Cookbook

Blueberry Grilling Sauce Recipes: **Fish**



Our family love eating fish. Fish is easy to cook as long as you follow a few basic instructions. First of all, you must start off with a hot pan with butter and olive oil. Secondly, start cooking the fish on the skin side first. Lastly, based on how thick your fish is.....cook the fish on the skin side for 3 minutes and no more than 4 minutes for a thicker fish. Then flip the fish for another 3 minutes. That is it. Your fish is now done. This recipe is so simple to make and to cook; I had to call it "Simple Glazed Salmon." I know you will agree. Oh, did I mention about the flavor. The flavor will blow your mind. You will never cook salmon any other way again. Oh my, it is so good.

Source: *Connie - Ohio*

1 tablespoon Olive Oil
1 tablespoon Butter
3 Salmon fillets
Seasoned Salt

1/4 cup Spanish Jack's Blueberry Grilling
Sauce
6 tablespoons Honey
1 tablespoon Soy Sauce

Directions:

1. Add olive oil and butter to a medium sauce pan at a medium heat setting.
2. In a small bowl, mix together Spanish jack's Blueberry Grilling Sauce, honey and soy sauce. Sit this glaze to the side.

Spanish Jack's

3. Once the pan is hot, sprinkle seasoned salt on the skin side of the salmon. Place the skin side down in the hot pan. Sprinkle seasoned salt on the top side of salmon.
4. Cook the salmon for only 3 minutes; before flipping the salmon over. **If your salmon is really thick, add another minute or 2.
5. After cooking the top side of the salmon for 3 minutes, flip the salmon again. Turn down the heat.
6. Now stir the glaze mixture well. Add 1-2 Tablespoons of the glaze over the top of the salmon. Keep the rest of the glaze for extra sauce to be served at the table. Wait for 1 minute before removing the salmon from the pan.
7. Place the salmon on a plate. Use any left-over glaze from the pan to drizzle over the salmon.
8. Serve the salmon with butter noodles or rice. Use the rest of the glaze as extra sauce for the salmon.




© Spanish Jack's

All Rights Reserved.



Check us out on our **Spanish Jack's website**: <http://www.spanishjacks.com/>

Check us out on : (you will have to copy and paste the link below)

<https://www.facebook.com/pages/Spanish-Fine-Foods/143808518972576>