

Fresh Salmon with Mustard Maple Sauce

Recipe from Executive Chef Terry Dox



- 4 center-cut salmon fillets, skinned (5-6 ounces each)
- 1 tablespoon olive oil
- 2 tablespoons Dijon mustard
- 3 tablespoons water
- 2 tablespoons pure maple syrup
- 2 garlic cloves, finely chopped
- 2 teaspoons mustard seed
- ¼ cup chopped green onions
- Salt and pepper
- Lemon wedges

Pat salmon dry and season with salt and pepper. Heat oil in large skillet over moderately high heat until hot. Sauté salmon, skinned side up, in 2 batches of 6 – 8 minutes per batch turning over just once. Transfer to a platter and keep warm. Remove skillet from heat and cool 1 minute. Whisk in Dijon mustard, water, syrup, garlic, mustard seed, and green onions. Do not heat. Check seasoning and add salt and pepper to taste. Pour sauce over salmon. Garnish with fresh lemon wedges.

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