

Maple & Black Pepper Poached Salmon

A balance of savory, sweet & spicy...this recipe's heat level can be kicked up with the addition of more black pepper

- 1 cup pure maple syrup
- 1/8 cup soy sauce
- 1/8 cup dry white wine
- 1 teaspoon coarse ground black pepper
- 2 teaspoons fresh thyme leaves
- 4 6-ounce salmon filets (approximately 1" thick), skinned

In a small bowl, mix together the maple syrup, soy sauce, white wine, black pepper and thyme. Spray a large sauté pan with nonstick cooking spray. Add maple mixture and heat over medium. When bubbles just begin to form around the edges add the salmon filets in a single layer. Cook for approximately 4 minutes. Flip and cook 3 to 4 more minutes until the salmon just begins to flake and is barely pink in the center.

Remove salmon from the pan. Reduce maple poaching liquid until it begins to thicken and pour over salmon.

Can be served along side or atop Spinach Salad with Maple-Orange Vinaigrette

Serves 4