

• INGEBRETSEN'S FAMILY RECIPES •

elegant & easy

MUSTARD SALMON

1 POUND FRESH SALMON
SALT AND PEPPER TO TASTE
4 – 6 TABLESPOONS SWEDISH OR OTHER STRONGLY FLAVORED MUSTARD
GRATED PEEL OF HALF A LEMON
¾ TABLESPOON BROWN SUGAR
1 – 2 TABLESPOONS JAPANESE-STYLE (PANKO) BREADCRUMBS

LET SALMON SET AT ROOM TEMPERATURE FOR 15 – 20 MINUTES. THIS HELPS THE SALMON BAKE MORE EVENLY.

PREHEAT THE OVEN TO 450 DEGREES.

PLACE A PIECE OF PARCHMENT IN THE OVEN DISH SO THAT THE BOTTOM OF THE DISH IS COVERED. GREASE THE PARCHMENT LIGHTLY WITH VEGETABLE OIL.

SALT AND PEPPER THE SALMON. PLACE IT SKIN-SIDE DOWN ON THE PARCHMENT.

MIX THE MUSTARD AND LEMON PEEL. SPREAD THE MIXTURE SO IT COMPLETELY COVERS THE TOP OF THE SALMON.

SPRINKLE BROWN SUGAR OVER THE MUSTARD TOPPING SO THERE IS A LIGHT LAYER OVER THE MUSTARD SAUCE.

SPRINKLE THE BREADCRUMBS SO THERE IS A LIGHT LAYER OVER ALL OF THE MIXTURE.

BAKE FOR 20 TO 25 MINUTES. THE SALMON IS DONE IF IT FLAKES EASILY WITH A FORK. REMOVE IT FROM THE OVEN WHILE IT IS STILL MOIST. LET THE SALMON SIT FOR TEN MINUTES. IT WILL CONTINUE TO BAKE FOR SEVERAL MINUTES OUTSIDE OF THE OVEN, SO IT NEEDS TIME TO REST BEFORE SERVING.

ONE POUND OF SALMON MAKES THREE SERVINGS. IT'S A LOVELY, STRESS-FREE MEAL FOR ENTERTAINING. YOU CAN ALSO FLAKE THE SALMON AND USE IT ON A SALAD OR A RICE BOWL. THIS RECIPE CAN BE EASILY SCALED UP OR DOWN AND IT ALWAYS LOOKS ATTRACTIVE, SO TRY USING IT IN WRAPS, FLAKED OVER HASH BROWN POTATOES, OR ANYWHERE YOUR CREATIVITY TAKES YOU!

• FROM MARIAN NELSON •