

Cherry Date Reduction Salmon

Prep Time: 5 min. Cook Time: Approx. 17-20 min.

Ingredients:

Filet of Sockeye Salmon (or whichever kind of Salmon you prefer)

Cherry Date Balsamic Reduction (my recipe for this reduction can be found on www.lemongastronome.com under All Recipes link on Home page, bottom right.)

White pepper (or fresh cracked black)

Pre-heat oven to 475 degrees

Instructions:

After you have made the Cherry Date reduction, you begin by placing the salmon filet into a foil lined or sprayed baking pan. Then, liberally coat the fish with the reduction, saving some for a second coat (to be applied half way through cook time). From high above the fish, take a liberal pinch of white pepper and "snow" it over the filet. If you don't have white pepper, you can use fresh cracked black pepper. But again, make sure to crack it over from high above the fish in order to coat it lightly. Place fish in preheated 475-degree oven for about nine minutes. After nine minutes, remove fish and brush with a second liberal coating of the reduction. Place back into the oven for another eight minutes or so. The cook time will very much depend upon the thickness of the filet.