

BAR SALMON



Recipe courtesy of
Chef **Christine Cushing**

Inspired by *Bar Salon* (1974)



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Chef Christine Cushing's Maple Pan Roasted Salmon

Ingredients

4 salmon fillets, each
about 6 oz, preferably
wild
Sea salt and freshly cracked
black pepper, to taste
1 tbsp grated ginger

1 tbsp clarified butter
1½ tbsp maple syrup
1½ tbsp grainy Dijon mustard
1 tbsp Canadian whisky
Sprig of dill, for finishing the
plate (optional)

Method

- 1 Preheat oven to 375°F.
- 2 Season salmon very lightly with salt and cracked black pepper and rub in grated ginger. Heat cast iron skillet dry, until hot. Add the butter and the salmon, skin side down and sear until golden brown, about 2 minutes. Flip and repeat.
- 3 Combine maple syrup, Dijon mustard and whisky in small bowl. Make sure salmon is turned over with skin side down and brush glaze on top of flesh side of salmon.
- 4 Transfer salmon in cast iron fry pan to preheated oven. Bake until just cooked through, firm to the touch and when knife inserted in centre feels warm to touch, about 5 to 7 minutes depending on thickness of fish. Serve with Napa and Apple Coleslaw. Garnish with a sprig of dill, if desired.