

Teriyaki Ginger Salmon

4 SERVINGS 45 MINUTES



INGREDIENTS

- 1 1/2 lbs Salmon Fillet (Skin on fillet preferred; can also use individual 6 oz fillet.)
- 1 piece Ginger Root (About 2-3 inch piece)
- 3 cloves Garlic (Can use minced garlic as substitute. Recommend using garlic press for fresh cloves; can also mince with knife.)
- 1/2 cup Dry Sherry (Can use cooking sherry (my preference, easier to find))
- 1 cup Soy Sauce (Can use low sodium or tamari (for GF))
- 1/2 cup Brown Sugar

DIRECTIONS

- 01 Whisk wet and dry ingredients together.
- 02 Place salmon fillet with flesh down in 8x8 or 11x7 inch pan. Pour marinade over, put in fridge for 45-60 minutes to marinate.
- 03 Take salmon out of fridge, pre-heat oven to 400F.
- 04 Once pre-heated, flip salmon so flesh is up in the pan. You can pour off some of the marinade and boil down to a thicker sauce if you wish, pour back onto salmon while half-way cooked.
- 05 Bake salmon for 15-20 minutes at 400F. Check internal temperature, should reach 135F and then take out of oven. Cover salmon pan with foil and let rest for 5 minutes. Recheck internal temp, should be 400F. *Anytime you see "white stuff" come out of the salmon, this means it's overcooked. This is called albumin and is a kind of protein. *Fresh salmon is best---go to Whole Foods or your local fish monger and ask for salmon that was flown in a max of 1 day prior for it to not be "fishy".