

Tames' Maple Mustard Salmon

Ingredients

4 (5-6 oz.) center-cut salmon fillets (1 inch thick)
3 Tbs. yellow mustard seeds
2 Tbs. Dijon mustard
2 Tbs. pure maple syrup
1 tsp. balsamic vinegar
¼ tsp. coarse salt
2 tsp. Olive oil
Spray oil or olive oil

Utensils

Small frying pad w/lid
Measuring spoons
Baking dish
Spoon
Spatula

Preheat oven to 350. Heat the olive oil in the frying pan over low heat until hot. Add the mustard seeds and stir with spatula to coat them with oil. Cover the frying pan with the lid and cook 4-6 minutes until the seeds pop like popcorn. NOTE: Do not let the seeds burn. However, they will turn dark. Remove frying pan from heat, keeping it covered until the popping stops (about 2 minutes). Stir in all the remaining ingredients except the salmon. Spray the baking dish with oil or coat well with olive oil and place the salmon skin side down. Spread the mustard mixture over the salmon. Bake 15-25 minutes or until done, depending on the thickness of the salmon pieces.