



Honey BBQ Salmon

Cooke
FOODSERVICE+



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INGREDIENTS

- 4 (6-ounce) Atlantic salmon portions
- ½ cup ketchup
- ¼ cup honey
- 2 tbsp apple cider vinegar
- 1 tbsp packed light brown sugar
- 1 tsp Worcestershire sauce
- ½ tsp garlic powder
- ½ tsp chili powder
- ½ tbsp dried minced onions
- ½ tsp cayenne pepper
- 1 tbsp olive oil
- Sliced green onions

INSTRUCTIONS

1. Preheat oven to 300°F
2. Combine all ingredients except salmon and green onions in a small saucepan. Bring to a boil and simmer for 8 minutes.
3. Meanwhile, heat olive oil in a large oven-safe pan over medium-high heat. Lightly season salmon with salt and pepper, and place in pan skin side UP. Cook for 2 to 3 minutes or until nicely seared.
4. Turn salmon so that it is skin side down. Baste with BBQ sauce and place pan in oven until salmon is cooked through, about 10 to 12 minutes.
5. Baste salmon again with sauce and sprinkle with green onions.

