

## CLASSIC MAPLE BALSAMIC SALMON

By Camine Pappas/2001

*Prep Time: 15 Total Time: 20 minutes*

Seldome does a recipe provide such satisfaction with so little work. This has been a go-to meal for me for over a decade and it still never disappoints.

4 fresh salmon filets, skin on. 4 ounces or so each. Pat them dry and place in a baking dish wherein all the filets have at least 1 inch between. (You can cook one at a time, too. I will refer to that below.) In a bowl, combine 1 equal parts balsamic vinegar and maple syrup. (I combine about 1/8 to 1/4 C each, depending upon how many filets.

Two hints here. You're only as good as your balsamic so choose wisely. I find that a fig balsamic, or something with a bit of sweetness and mildness will yield a more delish dish. Secondly, don't go reaching for the REAL maple syrup. The sugary, fake kind

works best. What you're looking for is the sugar, and a hint of the flavor, not a full on maple experience. What you save on syrup? Spend on a good balsamic. Pour the syrup over the filets. Dot with butter and salt and pepper. Make sure they're covered and fully in the sauce.



Now. Cover the dish and place in the microwave - yes, you heard me correctly - and cook for the following suggested times.

Keep an eye because microwaves vary SO widely that you will actually be lucky if you nail it on the first try. So be shy about time. It is done when it still looks a bit shiny and raw. It cooks A LOT after you take it out. Nothing yuckier than overcooked salmon. (shudder)

1 filet in one saran covered bowl - 3 minutes cook power 4

2 filets in small baking dish - 4 to 5 minutes, cook power 3, then repeat 30 seconds at a time on cook power 5.

4 filets in small baking dish - 6 minutes on cook power 3, and check accordingly.

Serve on top of field greens lightly tossed with lemon juice and a bit of light oil. Surround with whatever you're craving.