

RECIPE

WHISKEY GLAZED BBQ SALMON

EQUIPMENT

medium sauté pan with cover, charbroiler

INGREDIENTS

- 1 6oz salmon filet
- 1 tbsp butter
- ¼ cup barbecue sauce
- ½ cup orange juice, more if required
- ¼ cup whiskey glaze
- 2 cups seasonal vegetables
- 1 cup rice pilaf

sliced lime to garnish

DIRECTIONS

- * if salmon is “skin on”, begin cooking on charbroiler “skin down” for 1 minute (more if required), turn and remove skin, and begin directions below
- 1. add butter, barbecue sauce and orange juice to sauté pan and bring to a simmer
- 2. add salmon to pan, flesh side down
- 3. add vegetables to sauté pan
- 4. cover sauté pan for 1-2 minutes
- 5. remove salmon from sauté pan and place flesh side down on charbroiler, leave vegetables in sauté pan
- 6. charbroil flesh side of salmon for 1 minute or long enough to produce char marks and turn
- 7. brush salmon with whiskey glaze and add remaining glaze to sauté pan
- 8. plate rice pilaf
- 9. use tongs to stir vegetables quickly in sauté and plate next to rice
- 10. remove salmon from charbroiler and plate on top of rice and vegetables
- 11. pour some or all of the reduction from the sauté pan over the salmon
- 12. garnish with sliced lime