

Pomegranate-glazed Salmon

(Mary Jean Nicolas)

1-2# side salmon filet
3 T olive oil
salt
fresh ground pepper
3 cups pomegranate juice
1 cup sugar
juice and zest of 1 lemon
1 T chopped fresh thyme (1/2 T dried)

In a small saucepan, combine pomegranate juice, sugar, lemon juice and zest and thyme. Simmer over medium heat until reduced to a syrup (reduced by half). Allow to chill.

Preheat oven to 350 degrees F. Oil a heavy baking sheet pan with 1 T olive oil. Lay salmon, skin side down, on baking pan and season with salt and pepper. Brush generously with pomegranate glaze. Place in oven and bake for 25-30 minutes, until just cooked. Remove from oven and brush with remaining glaze. Put under broiler to caramelize the top of the salmon until golden brown. Watch closely so doesn't burn. Serve.

www.fishwildthing.com/recipes.html