

U.S. Farm-Raised Atlantic Salmon Fillets with Maple Syrup and Mustard Crust

Although almost all of the wild populations of Atlantic salmon were lost through overfishing, environmental changes, and river damming, aquaculture has brought this fish back from the brink of extinction.

1 ½ pound U.S. farm-raised salmon fillets, cut into 5 pieces
¼ cup mustard, coarse ground
2 Tbsp. maple syrup

Place fish in microwaveable dish. Stir maple syrup and mustard, spoon over fish. Cover with plastic wrap. Pierce wrap to allow steam to escape Microwave for 5 minutes. Let stand for 2 minutes

Salmon lends itself to this type of recipe. You can top salmon with ¼ cup of light brown sugar mixed with ¼ cup Dijon mustard. Alternatively, top it with 2 oz. of maple syrup mixed with 2 oz. of bourbon and sprinkle with ½ teaspoon of thyme and ¼ teaspoon of rosemary. Or sprinkle with lemon juice. Spread fillets with 2 tablespoons of mayonnaise and sprinkle with dill.