



Salmon Fillet with Mustard

Cook Wise

- 2 cups apple juice
- 1/2 cup coarse grain mustard (I personally adore Inglehoffer's Original Stone Ground Mustard)
- 1 tablespoon fresh dill, finely chopped
- 2 to 4 salmon fillets, with or without skin
- 1/4 teaspoon kosher salt

Preheat the oven to 375 degrees and line a sheet pan with aluminum foil.

Bring the apple juice to a boil in a small saucepan over medium high heat until reduced to approximately 1/4 cup. Whisk in the mustard and dill and remove from the heat.

Pat the fish dry with paper towels and place (skin side down if applicable) on the baking sheet and season with salt. Spoon the apple juice mixture over the fish and bake for 10 to 15 minutes until the fish flakes easily with a fork.

Serve immediately.

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