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LARISSA TABORYSKI

ROASTED SALMON WITH CIDER-MUSTARD GLAZE

Ingredients:

- 1 - cup apple cider
- 2 - tablespoons Dijon mustard
- ½ - teaspoon mustard seeds
- ¼ - teaspoon kosher salt
- ¼ - teaspoon ground black pepper

In this recipe the salmon cooks very quickly at high temperatures in the oven however the delicious glaze for the salmon takes about 20 - 30 minutes to reduce. Of course the glaze can be made in advance and any extra works very well with some pork chops or drizzled over steamed asparagus.

Preparations:

Place the ingredients in a small heavy saucepan, bring to a gentle boil and simmer for 20 - 30 minutes until reduced to half. Set aside to cool.

4 - 6oz pieces of salmon seasoned lightly with salt and pepper and an olive oil drizzle.

Heat the oven to Convection Roast 400 degrees.

Place the salmon skin side on a foil lined rimmed baking sheet and cook for 10 - 12 minutes depending on the thickness of the salmon.

Brush or spoon the glaze over the salmon when it comes out of the oven.

Serves 4

CONVECTION ROAST



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