

HONEY-SOY ROASTED SALMON

Serves 4

Cooking time: 35 minutes (5 minutes active)

You've got to love a marinade with only three ingredients. I serve this with rice and something green and steamed—think broccoli, bok choy, snow or sugar snap peas, or spinach. If you enjoy a saucy fish (sounds like a British come-on, doesn't it?), double the marinade ingredients.

½ cup honey

¼ cup reduced-sodium soy sauce

1 teaspoon Sriracha sauce or other Asian chili
sauce, or to taste

Four 6-ounce salmon fillets, skinned

*Ask the fishmonger to skin the fish for you.
Or, if you like the skin, leave it on!*

Cooked rice and a green vegetable, for
serving

Preheat oven to 450°F.

1. Whisk together the honey, soy sauce, and Sriracha in a shallow bowl. Add the salmon, turning to coat, and marinate for 20 minutes at room temperature, and up to 1 day refrigerated.

2. Grease a baking dish large enough to hold the fish in 1 layer. Remove salmon from the marinade and arrange in the dish (skin-side down, if you've left it on). Reserve marinade.
3. Roast fish just until it's opaque all the way through, 12 to 14 minutes.
4. While the fish is roasting, pour the reserved marinade into a small saucepan and bring to a boil. Cook until thickened, 4 or 5 minutes. (Watch carefully or you'll wind up with something akin to tar.)
5. Serve the fish with the rice and a green vegetable, and pass the sauce separately.

MAKE BABY FOOD: Salmon, with all that omega-3 goodness, is great for babies. However, due to botulism fears, honey is a no-no for the under-one set. Set aside a small piece of salmon before marinating and bake that separately for your baby.

MAMA SAID

“Delicious! I *loved* the honey flavor, and everyone else agreed. One trick I learned with a similar recipe: I buy double the amount of salmon, combine half with a batch of marinade and put it straight into the freezer, and then make the other half. A couple weeks later, the second half marinates while it thaws, and voilà, that second batch is even faster (if possible) than the first.” —Ariella M., mom of two, Brookline, NH