

BOURBON GLAZED SALMON & ROASTED POTATOES



**ORCHARDS
OF MINNETONKA**

SENIOR LIVING ASSISTED LIVING MEMORY CARE

INGREDIENTS FOR THE SALMON:

- Four 6oz salmon fillets
- ¼ cup bourbon
- ½ cup brown sugar
- ½ cup reduced sodium soy sauce
- ½ tsp granulated garlic
- ½ tsp Dijon mustard
- Pepper (*to taste*)

DIRECTIONS:

1. Preheat oven to 425° Fahrenheit.
2. In a small saucepan, combine bourbon, brown sugar, soy sauce, garlic and mustard. Bring mixture to a boil, then reduce heat and simmer for appx 10-15 minutes. Remove from heat and allow to thicken.
3. Season dry salmon fillets with pepper as desired. Lay salmon skin down on baking sheet. Bake approximately 15 minutes (*depending on size of fillet*). When salmon is almost done, remove salmon and turn broiler on in oven. Spread glaze on top of salmon generously.
4. Place salmon back in oven and broil for about 30 seconds. Repeat process again.
5. After removing salmon from oven, arrange on plates and drizzle with remaining glaze.

BOURBON GLAZED SALMON & ROASTED POTATOES



**ORCHARDS
OF MINNETONKA**

SENIOR LIVING ASSISTED LIVING MEMORY CARE

INGREDIENTS FOR THE POTATOES:

- 3 lbs small red or white potatoes
(can use whatever potatoes you have handy)
- ¼ cup olive oil
- 1 tsp salt
- 1 tsp black pepper
- 2 tbsp minced garlic
- 2 tbsp minced parsley *(to taste)*

DIRECTIONS:

1. Preheat oven to 400° Fahrenheit.
2. Cut potatoes in half (or quarters depending on size) and place in bowl with olive oil, salt, pepper and garlic. Make sure potatoes are well coated.
3. Roast potatoes in oven for about 45 minutes to an hour until golden brown and crisp, flipping halfway through to ensure even baking.
4. Remove potatoes from oven and toss with parsley (to taste.) ***Now enjoy this tasty & hearty meal from our kitchen to yours!***