

UVA Teaching Kitchen Cooking Class
Teriyaki Salmon

Servings: 4

Serving Size: 1 fillet

Time to Make: 1 hour 10 minutes total (includes 30 minutes marinating)

Equipment Needed

- Measuring cups and spoons
- Small mixing bowl
- Small saucepan/pot
- Whisk
- Gallon size Ziploc bag or large bowl with lid
- Baking dish – at least 8 inches × 8 inches

Ingredients

- 1 tablespoon cornstarch (or 2 tablespoons flour)
- ¼ cup water
- ¼ cup reduced sodium soy sauce
- ¼ cup brown sugar, packed
- ½ teaspoon ground ginger
- ¼ teaspoon garlic powder (or 1 teaspoon minced garlic or 1 garlic clove)
- 2 tablespoons honey
- 1 cup water
- 4 (5-ounce) salmon fillets
- Nonstick cooking spray or canola/vegetable oil

Directions

1. In a small bowl, whisk together cornstarch and ¼ cup water; set aside.
2. In a small saucepan over medium heat, add soy sauce, brown sugar, ginger, garlic powder, honey and 1 cup water; whisk and bring to a simmer. Stir in cornstarch mixture until thickened enough to coat the back of a spoon, about 2 minutes; let cool to room temperature.
3. In a gallon size Ziploc bag or large bowl, combine teriyaki marinade and salmon filets; marinate for at least 30 minutes to overnight, turning the bag occasionally.
4. Preheat oven to 400°F. Lightly coat an 8×8 baking dish with nonstick spray.
5. Place salmon filets along with the marinade into the prepared baking dish and bake until the fish flakes easily with a fork, about 20 minutes.

Recipe adapted from: Rhee, Chungah. Teriyaki Salmon with Sriracha Cream Sauce. Damn Delicious. damndelicious.net/2012/05/30/teriyaki-salmon-with-sriracha-cream-sauce/