

# Maple Mustard Glazed Salmon

Recipe and photos by Stephanie Taylor  
IYS High Seas Expedition Coordinator

**G**oes well with wild rice or roast potatoes. Salmon does not have a very long shelf life, so be sure to eat it quickly. In the fridge it will keep for up to two days stored in an airtight container. In the freezer this dish will last from 3–4 months in an airtight container. Allow to thaw in its container overnight in the fridge or in cold water. The glaze will keep for up to four weeks stored in its own airtight container in the fridge.

## Ingredients

450 g	sockeye salmon (or any Pacific salmon!) cut into 6 pieces
1 cup	butter, melted
1 cup	maple syrup
2 tbsp	grainy mustard
2 tbsp	soy sauce
2–3	green onions, roughly chopped
~	pepper (to taste)

## Method

1. Preheat oven to 425°C
2. Arrange the salmon fillets in a 9x13 inch glass baking dish
3. In a small bowl, whisk together the butter, maple syrup, mustard, and soy sauce.
4. Pour sauce over salmon. Add some freshly ground pepper if preferred
5. Bake for 15–20 minutes or until salmon flakes with a fork
6. Let cool slightly and then serve with green onion as a garnish



### Stephanie Taylor

was born and raised in Hamilton, Ontario; she graduated from McMaster University in 2015 with a BSc in Integrated Science and Earth and Environmental Science. She completed a Master of Resource and Environmental Management at Dalhousie University in 2017. While in Halifax she completed a study on conserving Atlantic Salmon

in the maritime provinces of Canada (Nova Scotia, New Brunswick, and Prince Edward Island). She also completed an internship with WWF-Canada where she worked on developing a survey of the commercial fishing industry to better understand the interactions between the lobster and Atlantic mackerel fisheries. After completing an Internship at the NPAFC Secretariat in December 2018, Stephanie worked as the IYS (International Year of the Salmon) Coordinator. After that, she moved to the position of the IYS High Seas Expedition Coordinator as of November 2019.



*Step 3. Butter, maple syrup, mustard and soy sauce have been whisked together to form the sauce*



*The finished product after garnishing with green onion*



*The salmon is ready to be baked for 15–20 minutes*