

POMEGRANATE GLAZED SALMON

Ingredients:

- 4 boneless salmon fillets, skin on - about 6 ounces each
- 2 tsp brown sugar
- 1/2 tsp sea salt
- 1/4 tsp cornstarch or potato starch (for Passover use potato starch)
- Black pepper
- 1/4 cup pomegranate molasses - room temperature (see molasses recipe below)
- 1 tbsp extra virgin olive oil or avocado oil
- Fresh pomegranate seeds and mint for garnish (optional)

Note: You will need a large nonstick oven safe skillet, or any nonstick skillet and a baking sheet.

Directions:

Place rack in the middle of the oven and preheat to 300 degrees F. Rinse the fish fillets in cold water and pat dry with a paper towel. In a small bowl, mix together the brown sugar, salt, and corn or potato starch. Rub the flesh side of the fillets evenly with the brown sugar mixture. Sprinkle the fillets lightly with black pepper.

Grease a nonstick skillet with olive oil or avocado oil, and heat on medium until hot. Place the fillets skin side up, flesh side down into the skillet, and increase heat to medium high. Allow fish to sear for 1 to 2 minutes until a dark golden crust forms. Be careful not to overcrowd the pan-- this will make the fillets difficult to turn. If the pan seems too crowded, work in batches.

When a dark crust has formed (it should be crispy and might be a little black in places), use a pair of tongs to gently turn the salmon and let the skin side sear for another minute.

Remove skillet from heat. At this point, you can transfer the fillets onto a lightly greased baking sheet. If your skillet is oven safe - no plastic handle, heat resistant - you can finish the fillets directly in the pan. Brush each fillet with 1 tbsp of pomegranate molasses - 1 tbsp per fillet, 4 tbsp total.

Transfer fillets to the preheated oven and let them cook for 8-12 minutes longer, or until the internal temperature reaches desired doneness. Thicker fillets may take longer to cook through. 145 degrees F is considered food safe internal temperature for fish, but salmon tends to dry out at higher temperatures. I prefer an internal temperature of 125 degrees F here for best texture, but know that it is not technically considered food safe - so you may want to cook it to 145 F, depending on your personal health situation. Serve fillets fresh from the oven garnished with fresh pomegranate seeds and fresh mint, if desired.

POMEGRANATE MOLASSES

Ingredients:

- 4 cups pure pomegranate juice (bottled or fresh)
- 2/3 cup sugar (optional – recommended)
- 1/3 Cup freshly squeezed lemon juice (optional – recommended)

Note: This recipe, with all ingredients will make around 1 cup of syrup.

Directions:

You can make pomegranate molasses with added sugar and lemon juice, or without. I prefer making it with, as it will reduce to a syrup much faster, and the end result will be more tasty. However, you can simply reduce plain pomegranate juice if you prefer, which will take longer and produce a much tarter syrup. Pour pomegranate juice, sugar, and lemon juice (or just the pomegranate juice) into a small saucepan.

Heat up over medium until the sauce begins to simmer lightly. Stir to dissolve sugar. Allow the liquid to simmer very lightly for 60-80 minutes, stirring every 10 minutes, until the liquid reduces by 75% to about 1 cup of molasses. If reducing just the juice without sugar, it will take longer to reduce (up to 2 hours), and you will end up with less liquid in the end to reach the syrupy consistency - roughly 3/4 cup syrup.

The liquid is ready when it has a light syrupy consistency and coats the back of a spoon. Don't let it thicken too much, or it will harden when it cools.

Remove from heat. The syrup will continue to thicken as it cools. If you are unsure about the consistency, measure the reduced liquid-- it should be roughly 1 cup of syrup (or 3/4 cup for juice alone). If it's a lot more liquid than that, continue reducing.

After the syrup cools completely, store it in an airtight jar or container in the refrigerator for up to 4 weeks.

Recipe: Tori Avey