

# Candace's Soy Ginger Salmon

Submitted by Candace Dunsire  
*pictured on pg 41*

*This recipe is great with individual salmon steaks or whole fillets. The salmon will marinate in the zipper bag distributing the delicious flavours throughout.*

Oven, Barbeque



<b>Ingredient List</b>	<b>1 Meal</b>	<b>4 Meals</b>	<b>6 Meals</b>	<b>8 Meals</b>
Salmon Fillets or Steaks	1 1/2 lbs	6 lbs	9 lbs	12 lbs
Orange Juice	2/3 cup	3 cups	4 cups	5 cups
Corn Starch	1 tbsp	1/4 cup	1/3 cup	1/2 cup
Soy Sauce (reduced sodium)	1/2 cup	2 cups	3 cups	4 cups
Oil (olive)	2 tbsp	1/2 cup	3/4 cup	1 cup
Brown Sugar	1/2 cup	2 cups	3 cups	4 cups
Lemon-Pepper Seasoning	1 tbsp	1/4 cup	1/3 cup	1/2 cup
Garlic Powder	1 tbsp	1/4 cup	1/3 cup	1/2 cup
Ginger (ground)	1 tsp	1 tbsp	2 tbsp	3 tbsp
Zipper Bags (large)	1	4	6	8

## Method:

1. Label bags: Candace's Soy Ginger Salmon pg. 151
2. Divide salmon evenly between zipper bags.
3. Combine orange juice and corn starch in a large bowl and stir well. Add remaining ingredients to orange juice mixture and stir. Pour an even amount into each bag of salmon. Remove excess air, seal bags securely and freeze.

## Hints:

You can either use salmon steaks or whole fillets. When you buy the whole fillets you will have to eyeball how many pieces you will need for each meal.

Salmon will keep cooking even after you remove it from the oven, so take care to remove it at the right time to avoid overcooking your fish. You want your salmon to be medium-rare and firm but still tender inside. Salmon should easily flake when separated with a fork. Avoid overcooking.

## Candace's Soy Ginger Salmon pg

**Oven:** Place a layer of tin foil over bottom of cookie sheet. Cooking time will vary depending on thickness of fish. Generally it will take 4 - 6 minutes at 350°F per half inch of thickness (if thawed).

**Barbeque:** Lay the salmon fillet on a piece of tin foil that is large enough to fold over and seal. Depending on the size of the fillet cook it 10 - 15 minutes until it is slightly flaky. You can also use "non-stick" foil with holes punctured in it and flip the fillets halfway through the cooking time if desired.

## Serving Suggestions:

Serve with jasmine rice and a mandarin orange salad. Absolutely a delicious combination!