



Baked Fish Marinade/Sauce

By Dave Ellis

Ingredients:

- 1lb piece of Salmon
- 1 Tbsp Honey
- 1 Tbsp Yellow mustard
- 1 Tbsp Soy Sauce (I use low salt)
- 1 Tbsp Oil (Canola or Vegetable)
- 1 Tbsp Margarine (I use Butter)
- 1 tsp Granulated garlic
- Flavored bread crumbs

Directions:

1. Debone fish if necessary, leaving the skin on.
 2. Melt all ingredients together for coating, using enough bread crumbs to stop liquid from running off fish.
 3. Place fish skin side down on foil and coat with topping mix. Wrap foil around fish if cooking in oven.
 4. Cook at 350 degrees for about 25 minutes.
- ❖ If cooking on grill, cook with skin side down until fish flakes and skin burns, parting from the fish flesh.