



HOT & SWEET MUSTARD SAUCE

This recipe works great on salmon, red rainbow trout and arctic char (all the red meat fish). It also works very well with boneless skinless chicken. It's a real time saver recipe, it can be made in larger quantities and be stored in the refrigerator. This is a quick and easy recipe, come home from dinner at 6:00pm and you can be eating by 6:30pm, depending on your other accompaniments.

- 1 pound wild salmon
- 3 tablespoons grainy Dijon mustard
- 1 tablespoon low sodium tamari or soy sauce
- 2 teaspoons brown rice syrup or honey
- 1 tablespoon mirin
- 1 teaspoon crushed garlic
- 1 teaspoon finely shredded ginger
- chopped cilantro
- Couple of drops red hot sauce or crushed red pepper flakes
- 1 scallion cut on the diagonal

Preheat broiler or grill.

Mix all ingredients together and spread on one side of fish. Broil approximately 5 minutes, depending on the thickness, (if you are using fillets that are thin you will only need 4 minutes. Turn fish and spread other side with sauce and broil 5 more minutes. Be careful not to overcook because the fish will become dry. This is enough sauce for ½ pound of fish or chicken.

Zone Tip: To keep ginger for a long time in your refrigerator, shred entire piece and cover with dry sherry. Ginger is great on most strong flavored fish or chicken it adds a nice zip.

Nutritional information per serving: 5 grams carbohydrates, 28 grams protein, 0 grams fat

