

Slow Roasted Chipotle Salmon

Author: From a 2005 Tyler Florence program on the Food Network

Carolyn T's
Main Cookbook

Servings: 4



SALMON:

3 tablespoons chipotle chile canned in adobo (really, you want just the SAUCE, not the chile)

3 tablespoons brown sugar

1 teaspoon kosher salt

1 1/2 pounds salmon fillets, skinless

SAUCE:

1 cup white wine

2 tablespoons sugar, or Splenda

2 tablespoons ginger, grated

2 tablespoons lime juice

2 tablespoons unsalted butter, unsalted

1 teaspoon cornstarch

1 tablespoon green onions, green parts only -- thinly sliced

Serving Ideas: Serve with Pineapple Cilantro Rice.

Blog: Carolyn T's Blog:

<http://tastingspoons.com>

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Per Serving (excluding unknown items): 353 Calories; 12g Fat (34.0% calories from fat); 35g Protein; 17g Carbohydrate; 1g Dietary Fiber; 104mg Cholesterol; 627mg Sodium. Exchanges: 0 Grain(Starch); 5 Lean Meat; 0 Vegetable; 0 Fruit; 1 Fat; 1 Other Carbohydrates.

Notes: Roast the fillets for 15 to 20 minutes for every inch of thickness -- that's twice as long as it would take if you were broiling or sauteing over high heat. At lower temperatures, fats in the salmon melt into, rather than out of, the flesh, keeping it sublimely moist. Slow roasting also allows the sweet spicy chipotle glaze to really permeate the fish.

1. Preheat oven to 225°. Line a baking sheet with foil and coat with cooking spray. Stir adobo sauce, sugar, and salt together for the salmon. Place the fillets on the prepared pan and brush half the adobo mixture evenly over the tops; reserve remainder. Roast salmon 20-25 minutes per inch of thickness of the fillets.

2. Combine the wine, sugar, ginger, and lime juice in a saucepan for the sauce; boil until reduced to 3/4 cup, about 7 minutes. Blend butter and cornstarch together, whisk it, into the sauce, and simmer for 1 minute, or until thickened; keep warm. If it gets too thick, thin with a teaspoon or two of water.

3. Adjust oven heat to broil. Baste fish with remaining adobo mixture, then broil 3" from heat source for 3 to 5 minutes, or until beginning to brown. Stir scallions into sauce; serve over salmon.