

Maple Salmon with Wild Blueberries

Ingredients

1 to 1 ¼ lb (455 to 570 gram) salmon fillet
½ cup (125 ml) wild blueberries

Marinade

½ cup (125 ml) real maple syrup
¼ cup (50 ml) orange juice
¼ tsp (1 ml) minced garlic
¼ tsp (1 ml) black pepper
2 tbsp (30 ml) soy sauce
½ tsp (2 ml) finely chopped ginger

Cut salmon fillet into four serving-size pieces. Place fish in shallow glass dish.

Combine all marinade ingredients together and pour over fish, cover, and refrigerate for at least two hours.

Two cooking options:

- 1) Pre-heat oven to 400° F (200° C). Add blueberries to salmon and marinade. Cover with tin foil (or glass cover). Bake 15 to 20 minutes, basting occasionally with marinade, until fish flakes easily with fork.
- 2) Place salmon and marinade into a fry pan (no oil needed), add blueberries, cover, and cook over low heat until fish flakes easily with fork.