



Sesame Grilled Salmon



Fish Tacos



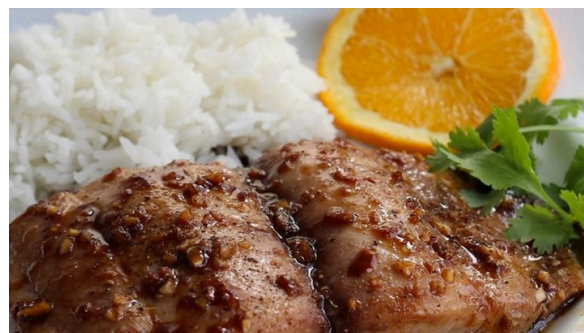
Avocado and Tuna Tapas



Tilapia Scampi



Szechwan Shrimp



Ginger Glazed Mahi Mahi



Ingredients

1/4 cup light soy sauce
1 1/2 tablespoons honey
1 tablespoon grated fresh ginger
1 clove garlic, minced
1 pound salmon fillets
1 teaspoon sesame oil
2 teaspoons sesame seeds

Directions

1. Whisk soy sauce, honey, ginger, and garlic together in a bowl until marinade is evenly mixed. Set aside 1/4 of the marinade.
2. Place salmon fillets in shallow dish; pour the remaining marinade over the salmon. Cover dish with plastic wrap and refrigerate for 5 minutes.
3. Heat sesame oil in a large skillet over medium-high heat.
4. Remove salmon from marinade, shaking to remove excess marinade, and place, skin-side up, into the hot oil; cook for 4 minutes. Discard unused marinade in the shallow dish. Flip salmon and drizzle the reserved 1/4 of the marinade over salmon; sprinkle with sesame seeds. Cook until fish flakes easily with a fork, 5 to 7 minutes. Flip salmon, remove skin, and cook 1 minute more.



Inner Bay of Fundy Atlantic Salmon

Scientific Name(s): *Acipenser oxyrinchus oxyrinchus*, *Gadus morhua*, *Morone saxatilis*, *Salmo salar*.

Common Name(s): Atlantic cod, Atlantic salmon, Atlantic sturgeon, striped bass.

Weight:

Average 8-12 pounds (3.5-5.5 kg); can be up to 30 pounds (13.5 kg).

Length:

Average 28-30 inches (70-75 cm)

Appearance:

silver-blue with black spots, as adults

Lifespan:

they spend 2-3 years in freshwater, then migrate to the ocean where it also spends 2-3 years, and then return to their natal river to spawn

Diet:

small fish

Behavior:

they spawn and rear juveniles in rivers, then feed and migrate on the high seas

Location:

Latitude, 44 to 46

Longitude, -65 to -63

Ocean(s): NWATLANTIC

Country(s): CANADA

