

David Metz - Sesame Seed Salmon

This is not a recipe for the barbeque. Pre heat your oven for 350°F take a piece of WILD salmon, normally purchased at Sam's Club or Costco, rinse thoroughly before cooking. Score or cut the skin side of the Salmon this is done to stop the filet sides from curling. Then use a spry oil or Olive oil to coat a piece of aluminum foil and lay the Salmon in the foil leaving enough foil to cover the salmon completely.

Before completely wrapping the Salmon, mix 2 tablespoons of honey, 2 tablespoons of soy sauce or teriyaki sauce together, then apply the mixture with a basting brush to the top side of the Salmon. When that is completed coat the Salmon with WHITE Sesame seeds.

Now it's time to cover the Salmon. Bake for about 15 to 20 minutes. Then check for doneness. You do this by taking a fork or knife and see if the meat is easily pulled apart. Now it's time to put the Salmon under the broiler for a few minutes. Remove some of the foil to expose the top of the Salmon. When the Sesame Seeds start turning brown and the sugars start to caramelize its done.


2lb of Wild Salmon

Spray oil

2 TBS of Honey

2 TBS of Soy Sauce or Teriyaki Sauce

2 to 4 oz Sesame Seeds

My favorite  call if you have any questions! (714) 719-4102
David Metz