



Pine-Smoked & Maple-Glazed Wild Salmon

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



431 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup bourbon
- ☐ 3 tablespoons dijon mustard
- ☐ 4 servings kosher salt to taste
- ☐ 2 teaspoons pepper black
- ☐ 1 large handfuls pinenuts green
- ☐ 24 ounce salmon fillet dry
- ☐ 0.5 cup maple syrup

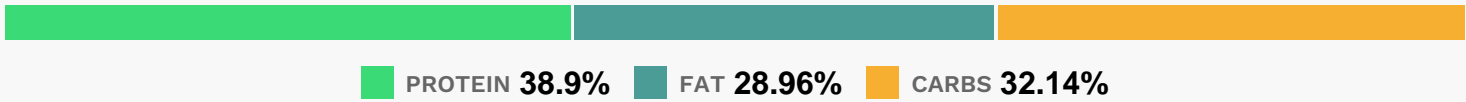
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ tongs

Directions

- ☐ Prepare a medium-high-heat fire, with the flames occasionally licking the grill grate.
- ☐ Let it burn for at least 30 minutes. Whilst the fire heats, soak the pine needles in the bourbon.
- ☐ In a bowl, whisk together the syrup, mustard, and pepper. Season the salmon generously with salt and coat with the glaze.
- ☐ Place a large cast-iron skillet upon the grill grate.
- ☐ Let it heat until very hot. Using tongs or one's own gloved hand, press the needles into the bottom of the skillet, taking care not to drizzle combustible bourbon into the flames, and place the rack on top of the needles.
- ☐ Place the fish on top of the rack and cover the pan. Cook until the fish is just opaque, about 15 minutes for medium.
- ☐ Serve, brushed with additional glaze, if desired.
- ☐ From Campfire Cookery: Adventuresome Recipes and Other Curiosities for the Great Outdoors by Sarah Huck and Jaimee Young. Copyright © 2011 Sarah Huck and Jaimee Young Stewart. Foreword © 2011 Melissa Clark. Photographs © 2011 Tara Donne. Published in 2011 by Stewart, Tabori & Chang, an imprint of ABRAMS.

Nutrition Facts



Properties

Glycemic Index: 28.88, Glycemic Load: 10.06, Inflammation Score: -5, Nutrition Score: 28.40913039948%

Nutrients (% of daily need)

Calories: 430.57kcal (21.53%), Fat: 11.37g (17.49%), Saturated Fat: 1.72g (10.77%), Carbohydrates: 28.39g (9.46%), Net Carbohydrates: 27.64g (10.05%), Sugar: 24.29g (26.99%), Cholesterol: 93.55mg (31.18%), Sodium: 396.51mg (17.24%), Alcohol: 10.02g (100%), Alcohol %: 5.01% (100%), Protein: 34.36g (68.73%), Selenium: 65.96µg (94.23%),

Vitamin B12: 5.41µg (90.15%), Vitamin B6: 1.4mg (70.13%), Vitamin B2: 1.17mg (68.74%), Vitamin B3: 13.49mg (67.46%), Manganese: 1.16mg (57.77%), Phosphorus: 356.56mg (35.66%), Vitamin B1: 0.44mg (29.07%), Vitamin B5: 2.88mg (28.79%), Potassium: 956.34mg (27.32%), Copper: 0.46mg (22.83%), Magnesium: 65.52mg (16.38%), Folate: 43.57µg (10.89%), Zinc: 1.48mg (9.89%), Iron: 1.71mg (9.49%), Calcium: 75.96mg (7.6%), Fiber: 0.75g (2.98%), Vitamin K: 1.94µg (1.85%), Vitamin A: 81.57IU (1.63%)