

Blueberry Balsamic Glazed Salmon

By Kinsey Justa for Sena Sea



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SENA SEA

— WILD ALASKAN FISH —

Blueberry Balsamic Glazed Salmon

Ingredients

- 5, 6 oz portions of Sena Sea Wild caught Alaskan salmon
- 1/2 cup fresh blueberries
- 1/3 cup balsamic vinegar
- 3 TBs olive oil
- Fresh thyme
- 1 Lemon
- 4 TBs sugar
- Salt and pepper
- 2 TBs butter

Instructions

- Add blueberries to a saucepan with just enough water to cover. Heat on high for 15 minutes. Add in several pinches of thyme, the sugar, and a tsp each of salt and pepper. Remove from heat and allow too cool. Pour the mixture into a blender with the olive oil and balsamic vinegar and pulse.
- Heat butter in a cast iron pan over medium high heat. Place salmon portions flesh side down and cook for one minute. Flip onto the skin side of the fish and cover the portions with the blueberry balsamic mixture. Squeeze half of the lemon over the salmon, cover and let cook on high for 9 minutes. Fish should be opaque when fully cooked.
- To serve, plate with remaining lemon slices and sprigs of fresh thyme.

Sustainable Copper River salmon delivered to your door with Sena Sea.

To support our work for a healthy, functioning, and intact watershed for salmon habitat order fish from Sena Sea through CRWP and

Sena Sea will donate 8% of all proceeds to CRWP!



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