



## Honey-Dijon Salmon Bites

Alison Shaw



Cutting the salmon into bite-size squares and baking them in a soy, honey, and lemon sauce cuts the cooking time to just 12 minutes and creates a fun presentation. To make the pieces look as uniform as possible, get a piece of salmon that's not too thick or thin—about 1 inch thick. Ask your fishmonger to skin the fish for you.

From *"Soups + Sides"* by Catherine Walthers, Lake Isle Press, 2010

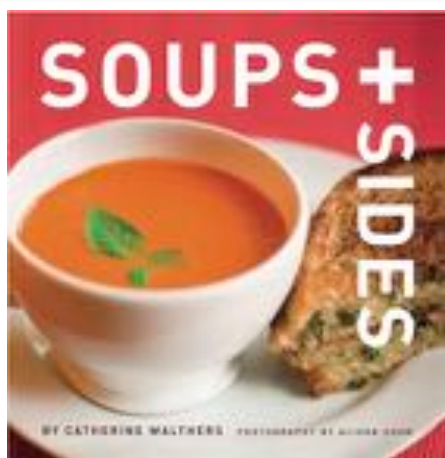
### INGREDIENTS

- 1 pound fresh salmon, skin removed
- 1 ½ teaspoons honey
- 1 tablespoon freshly squeezed lemon juice
- 1 teaspoon Dijon mustard
- 1 tablespoon soy sauce
- 1 clove garlic, minced
- 2 tablespoons extra-virgin olive oil
- 1 ½ tablespoons minced fresh parsley or chives

*Serves 4*

### PREPARATION

1. Preheat the oven to 375°. Cut the salmon into bite-size squares, about 1 inch across. Try to cut them as uniformly as possible to create an appealing presentation. Place in an 8-inch square Pyrex dish or glass pie plate.
2. In a small bowl, whisk together the honey, lemon juice, Dijon, soy sauce, garlic, olive oil, and 1 tablespoon parsley or chives. Pour over the salmon, coating all sides. Bake for 10 to 12 minutes, until just done.
3. Carefully lift the pieces with a spatula to a nice platter or plate and place a toothpick in the middle of each piece. Sprinkle with the remaining parsley or chives and serve.



Soups + Sides | by Catherine Walthers | Lake Isle Press 2010

"People are returning to real foods, locally grown—encouraging cooking that reflects ingredients in season."  
— Catherine Walthers

A companion to Walthers's popular *"Raising the Salad Bar,"* this handy cookbook is an expertly compiled collection of playful yet elegant recipes for soups that are made with fresh ingredients and are just right for any meal or occasion. Whether you mix and match your favorite soups and sides or enjoy them separately, it will dare you to think beyond the every day and pull you out of your soup slump.

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