



## Caramelized Salmon

### Ingredients:

1	pound	Salmon, 4-6 ounce fillets
4	tablespoon	Sugar Glaze
2	tablespoon	Olive oil

### Sugar Glaze:

3	cup	Granulated sugar
½	cup	Kosher Salt
½	cup	Black pepper, ground

Dredge fish through the sugar glaze on both sides.

Place a large, nonstick sauté pan over medium-high heat and add the oil. When the oil shimmers and starts smoking, add the salmon and cook, turning once, for 2 to 3 minutes on each side, until sugar is caramelized on the outside and no longer pink on the inside.

Serve immediately, with choice of sides.

Serves 2-4.