

Chocolate-Glazed Salmon

A unique twist on a classic dish, this chocolate-glazed salmon is sure to surprise and delight your taste buds.



25 min

Total time

Medium

Difficulty

350

kcal / serving

Nutrition per serving (estimated)

Protein 27 g

Carbs 13 g

Fat 21 g

Fiber 2 g · Sugar 9 g · Sodium 390 mg

Ingredients

- 1 salmon fillet
- Salt and pepper
- 2 tbsp dark chocolate chips
- 1 tsp olive oil

Substitutions

Dark chocolate chips – An equal amount of chopped dark chocolate

Olive oil – An equal amount of neutral vegetable oil

Salmon fillet – An equal-sized trout fillet

Steps

- 1 Preheat oven to 400°F (200°C).
- 2 Season the salmon fillet with salt and pepper.
- 3 Place the salmon on a baking sheet lined with parchment paper.
- 4 In a small saucepan, melt the dark chocolate chips with olive oil over low heat until smooth.
- 5 Pour the chocolate glaze over the salmon fillet, spreading it evenly.
- 6 Bake the salmon in the preheated oven for 12-15 minutes, or until cooked through.
- 7 Serve hot and enjoy!

Chef's tips

- The glaze should look glossy and cling to the fish; if it turns grainy, it may have overheated.
- Salmon is ready when it flakes easily and looks opaque through the thickest part; check early to avoid drying it out.
- Use a small saucepan and a thin spatula for easier glaze handling and serving.

Drink pairing

A dry rosé

Its crisp acidity and light berry notes complement the rich salmon and bittersweet chocolate.

0% option: Sparkling water with a squeeze of lemon

Storage

Refrigerate leftovers within 2 hours in a covered container and use within 3–4 days. Reheat until steaming hot; the glaze may look less glossy after storage.

Frequently asked questions

How can I tell when the salmon is done?

It should look opaque and separate into flakes with gentle pressure, while still appearing moist in the center.

Why did the chocolate glaze become thick or grainy?

Chocolate can seize or overheat. Melt it gently and avoid getting water into the pan; a smooth glaze should look shiny.

Can I prepare this ahead?

For the best texture, serve it freshly baked. You can measure the ingredients ahead, but glaze the salmon shortly before cooking.