

Jelly Glazed Salmon

A sweet and tangy twist on classic salmon, this dish features a delicious jelly glaze that pairs perfectly with the tender fish.



Main Dish

25 min

Total time

Easy

Difficulty

350

kcal / serving

Nutrition per serving (estimated)

Protein 27 g	
Carbs 16 g	
Fat 19 g	
Fiber 0 g · Sugar 13 g · Sodium 650 mg	

Ingredients

- 1 salmon fillet
- 2 tablespoons jelly (your choice of flavor)
- 1 tablespoon soy sauce
- 1 teaspoon minced garlic
- Salt and pepper to taste

Substitutions

Jelly – Use an equal amount of fruit preserves, stirring or mashing them until spreadable.

Soy sauce – Use an equal amount of tamari for a similar savory, salty flavor.

Minced garlic – Use about 1/4 teaspoon garlic powder.

Steps

- 1 Preheat the oven to 375°F (190°C).
- 2 Season the salmon fillet with salt and pepper.
- 3 In a small bowl, mix together the jelly, soy sauce, and minced garlic.
- 4 Place the salmon fillet in a baking dish and spread the jelly mixture evenly over the top.
- 5 Bake the salmon in the preheated oven for 15–20 minutes, or until cooked through and the glaze is caramelized.
- 6 Serve the jelly glazed salmon with your choice of sides and enjoy!

Chef's tips

- A glossy, lightly bubbling glaze and salmon that separates into moist flakes are useful doneness cues; avoid waiting for the glaze to become deeply browned.
- A thin fillet may finish sooner than a thick one, so begin checking near the early end of the stated baking time.
- Use a small baking dish that holds the fillet snugly to keep the glaze from spreading into a thin layer.

Drink pairing

A dry Riesling

Its bright acidity complements the sweet-tangy glaze without overwhelming the salmon.

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.

Frequently asked questions

How can I tell when the salmon is done?

It should look opaque and separate into moist flakes when gently tested with a fork; check early if the fillet is thin.

Can I prepare the glaze ahead?

Yes. Mix it shortly ahead and keep it covered in the refrigerator; stir before using if it has thickened or separated.

What sides go well with jelly glazed salmon?

Serve it with rice or potatoes and a simple green vegetable to balance the sweet, tangy glaze.