


Recipe

Salmon à la Julie

- ✓ 1 cup soy sauce (low sodium)
- ✓ ¼ cup orange juice or juice from ½ orange
- ✓ 1 tsp. ground cayenne pepper
- ✓ 1 tsp. ground ginger
- ✓ 1 Tbs. honey (optional)
- ✓ 1 lb. salmon fillet, cut into 4 strips
- ✓ 1 lemon, cut into thick slices
- ✓ fresh ginger slices (optional)
- ✓ fresh garlic slivers (optional)
- ✓ salt to taste (optional)
- ✓ black pepper to taste
- ✓ chopped or dried cilantro (optional)
- ✓ 4 parchment paper squares



Marinade may be used for dipping.

1. Preheat oven to 425°F.
 2. In large bowl, mix soy sauce, orange juice, cayenne pepper, ground ginger, and honey.
 3. Add salmon strips and let marinate while preparing parchment paper.
 4. Cut parchment paper into 12-inch sheets. Fold in half.
 5. Place salmon fillet on parchment, fold up on sides to create pocket.
 6. Add marinade to each pocket.
 7. Add ginger slices, garlic slivers, and lemon slices.
 8. Sprinkle with cilantro, salt, and pepper to taste. (For extra flavor, add additional cayenne pepper.)
 9. Fold parchment pockets in series of ½-inch folds until closed. Place on cookie sheet.
 10. Cook 20–25 minutes, or until fish is cooked through, at 425°F.
 11. After carefully opening pockets, place fillets on plates with lemon, garlic, and ginger garnish.
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