

Killer Teriyaki Salmon by Nisan Blaxberg

- canola oil
- 4 medium size salmon filets
- soy sauce
- sugar
- balsamic vinegar
- sesame oil
- sesame seeds

Place 2 tbsp canola oil in large non-stick frying pan and heat on medium flame. Put salmon filets in flesh side down over medium heat. Dash with 1 tsp sesame oil per filet. Add 3-4 Tbsp soy sauce, 3-4 Tbsp sugar, and 3-4 Tbsp balsamic vinegar. Pan-fry approximately 5 minutes. Flip each filet and pan-fry skin side down on med. heat for 5-10 minutes depending on thickness of fish. Sprinkle with sesame seeds before serving cold.