Spice-crusted Salmon with Orange-honey Glaze



YIELD: MAKES 4 SERVINGS
PREP TIME: 15 MINUTES
COOK TIME: 15 MINUTES
TOTAL TIME: 30 MINUTES

Nutritional Information

* **calories: 426**
* **fat: 33 g**
* **cholesterol: 62 mg**
* **sodium: 146 mg**
* **carbohydrate: 8 g**
* **fibre: 4 g**
* **protein: 24 g**

Ingredients

* 3/4 cup - orange juice
* 1/4 cup - honey
* 2 tablespoons - lemon juice
* 1 teaspoon - grated ginger
* 1 1/2 teaspoons - corn-starch , mixed with 1 1/2 teaspoons water
* . - salt and black pepper
* 2 - egg whites
* 2 tablespoons - cumin seed
* 2 tablespoons - whole coriander
* 2 tablespoons - fennel seeds
* 2 tablespoons - vegetable oil
* 4 (4-ounce) - wild Alaska salmon filets or wild Alaska halibut filets, skin on

Directions

To make Orange-Honey Glaze, in a small nonreactive saucepan, whisk together orange juice, honey, lemon juice and ginger. Bring to a simmer over medium heat; whisk in corn-starch mixture and simmer 1-2 minutes, whisking constantly, until mixture thickens. Season with salt and pepper. Keep warm.

In a shallow bowl, lightly whisk egg whites until foamy. In an electric spice grinder or a blender, grind spices to coarse powder and spread on a plate. Dip flesh side of filets first in egg whites, then in spice mixture. In a sauté pan, heat oil over medium heat until hot. Place filets in pan, skin side up, and cook about 5 minutes or until a medium brown crust forms on the flesh side, being careful that spices do not burn. Carefully turn with a spatula and cook on skin side about 5 minutes or until a small sharp knife feels no resistance when pushed into the flesh. Place the fish, crust side up, on a warm serving platter or on individual plates and drizzle with Orange-Honey Glaze.