

Recipes from the American Beekeeping Federation, "Honey Recipes 2010":

Salmon with Pecan-HONEY Glaze (6 servings):

Ingredients:

6 salmon filets (6 ounces each)

¼ tsp. salt

¼ tsp pepper

¼ cup canola oil [can use olive or other oils to your taste]

¾ cup butter, divided (you can use margarine . . . but it's just not the same)

1 cup coarsely chopped pecans, toasted

1 cup HONEY

Process:

- * Sprinkle the salmon with salt & pepper;
- * In a large skillet, cook salmon in oil & 6 Tbs butter, 10 to 12 minutes, or till fish flakes easily with a fork;
- * Meanwhile, in a small saucepan, cook the pecans & honey in remaining butter over medium-low heat for 8 to 10 minutes or till it is bubbly;
- * Serve with salmon. Over rice is nice.