

Bringing Maple to the Table

When it comes to cooking with maple, there's a great payoff to thinking beyond the pancake. "It's a flavor that really captivates me—it really adds a complexity and robustness to a dish," says **Betty Liu**, the Boston-based photographer behind the popular food blog *le jus d'orange*. Ahead, she shows off maple's versatility in both sweet and savory creations: cinnamon buns and baked salmon.

PARCHMENT-BAKED SALMON AND PARSNIPS WITH MAPLE-SOY GLAZE

Active Time: 20 min. **Total Time:** 1 hour 10 min.

Serves 2

Fish baked in parchment paper (a technique known as *en papillote*) gently steams in its own juices, yielding a moist, perfectly cooked fillet every time.

Make-Ahead: The salmon can be refrigerated in the marinade for up to 1 day.

- 1/4 cup maple syrup
- 2 Tbsp. soy sauce
- 1 Tbsp. rice vinegar
- 1 tsp. sesame oil
- 2 (6-oz.) skinless salmon fillets
- 2 garlic cloves, smashed
- 1 (1") piece fresh ginger, peeled and sliced
- 1 (4-oz.) parsnip, shaved into ribbons with a peeler
- 4 shiitake mushrooms, stemmed and sliced thin
- 2 scallions, sliced thin

1. Whisk maple syrup, soy sauce, vinegar, and oil in a shallow bowl; add salmon, garlic, and ginger and turn fish to coat. Cover and refrigerate for 30 minutes.
2. Heat oven to 350°. Cut two (15x12") sheets of parchment paper, fold each in half crosswise, and cut into large heart shapes. Open and lay them flat on the counter.
3. Toss together parsnip and mushrooms and divide between the parchment hearts, piling on one side near the

- center crease. Top parsnip mixture with salmon fillets. Pour marinade into a small saucepan and set aside.
4. Fold the parchment over each fillet to form a teardrop shape and make small pleats from one end to the other to seal. Place packets on a baking sheet and bake until fish is just cooked through, about 15 minutes.
5. Meanwhile, bring reserved marinade to a simmer over medium-high heat and cook until sauce is glazy and reduced by about half, 5 to 7 minutes; discard garlic and ginger.
6. Transfer packets to plates and cut centers open. Brush fillets with glaze, top with scallions, and serve with extra glaze.

Per Serving: 350 Cal; 13g Fat (2g Sat Fat); 105mg Chol; 200mg Sodium; 18g Carb; 4g Fiber; 40g Protein

MEAL SOLUTIONS

Serve with a side of rice and drizzle some of the extra glaze on top.

To learn how to fold a parchment packet, check out our video at hannaford.com/fresh

"The sweetness of the maple syrup balances the salty umami flavor of the soy sauce."

-Betty Liu