

Chinese Cooking Y.Lo Style

Phone: 303-780-9888
Email: Yvonne@yloepicture.com
www.yloepicture.com

Easy, Fast and Tasty

TARRAGON SESAME SALMON
LEVEL: EASY

Tarragon Sesame Crusted Salmon

Prep Time: 5 mins
Cook Time: 15 mins
Serve 2

2 8oz Salmon Filet or one Big Filet
2 tbs Fresh or Dried Tarragon
2 tbs of Sesame Seeds (Black and White if available)

To make Marinade

2 1/2 tbs of soy sauce
1 tbs of sugar
1 tbs of garlic powder
1 tbs of sherry or Chinese cooking wine
1 tbs of sesame oil



1. Pre Heat oven at 375 to 395 depends on how hot your oven is. If you have a convection oven, use 375. Marinade salmon with soy, sugar, garlic powder, sherry and sesame oil. Place on a foiled or greased sheet pan.

2. Sprinkle sesame seeds and tarragon leaves on top of salmon. Drizzle olive oil over fish. Place in oven and baked for 12-15 minutes until fish is just cooked. (usually you can smell the sesame seeds when it is done) Serve over rice or Salad!

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