

# Maple-Glazed Salmon with Onion-Mashed Potatoes

*Maple syrup and brandy create an unusual glaze for baked salmon at Animator's Palate. The restaurant serves the fish with onion-mashed potatoes and crunchy sautéed green beans, with coarsely cracked black pepper — or whole peppercorns — for the perfect finish*

## INGREDIENTS

### MAPLE GLAZE

- ¼ Cups Brandy
- 1-¼ Cups Maple Syrup
- 1 Tablespoons Cornstarch
- 2 Tablespoons Water

### ONION-MASHED POTATOES

- 2 medium onions, chopped into ½ inch pieces
- 2 tablespoons olive oil
- 2 pounds red potatoes
- ⅔ cup milk, warm
- 2 tablespoons butter, unsalted
- to taste salt
- to taste pepper, freshly ground

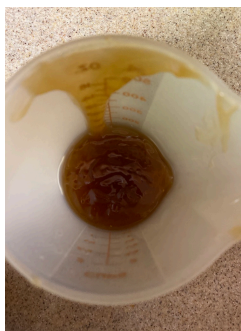
### SALMON

- 4 each Salmon fillets, (7 ounces each)
- Olive oil
- to taste Salt

## METHOD

### 1. Prepare Maple Glaze:

Place brandy in a pan, warm, ignite, and flame for 5 seconds



### 2. Add the Syrup

### Source

Cooking with Mickey and the Disney Chefs



### Preparation

- Prep: 10 Minutes
- Start to finish: 1 Hour

### Equipment

- Baking spatula
- Blender
- Measuring cups
- Measuring spoons
- Mixing bowl
- Potato masher
- Sauce pan
- Skillet

### Rating

★★★★★

### Difficulty

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### Course

Main

### Cuisine

Oceania

**3.** combine cornstarch and water in separate container

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**4.** Add cornstarch mixture to pan and simmer 5 minutes, stirring

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**5.** 5. Cool to room temp

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**6. Prepare Onion-Mashed Potatoes :**  
Preheat Oven to 375 degrees

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**7.** Toss the chopped onion with the olive oil  
and place in oven for 15 minutes, until  
soft Puree onions in a blender



**8. \*** Cover potatoes with water in a medium saucepan and  
boil until tender when pierced with a fork

\*\*\*Once this part has started you can start preparing the salmon  
in step 11 and 12

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**9.** Strain off the water and place the cooked warm potatoes in a  
mixing bowl. Add the remaining ingredients and mash with an  
old-fashioned potatoes masher.

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Nutrition Facts
4 Servings
Amount Per Serving
<b>Calories 700</b>
<b>Total Fat</b> 15.72g
<b>Cholesterol</b> 35mg
<b>Sodium</b> 593mg
<b>Total Carbohydrate</b> 120.64g
Dietary Fiber 5.49g
Sugars 65.94g
<b>Protein</b> 12.58g

- 10.** Add milk, butter, and salt and pepper to taste



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- 11. Salmon:**  
Preheat oven to 350 degrees



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- 12.** Brush the salmon with olive oil and season with coarse salt.  
Place in a preheated sauce pan and sear both sides

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- 13.** Place on a baking sheet. Drizzle 1 tablespoon of the Maple Glaze on each salmon fillet. Place in preheated oven for 12 to 15 minutes, or until desired doneness

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## **NUTRITION NOTES**

Calculations use 3oz salmon fillets and when recipe calls for 7 oz fillets

**Categories:** Sauces **Keywords:** Disney Cruise Line, Animator's Palate, Maple Glaze, Onions, Mashed Potatoes, Salam

(4 servings)