

SAUCES FOR FISH

FISH SAUCE # 1

Fish recommended for these recipes are salmon, ahi tuna ,sea bass & flounder

INGREDIENTS

- 3 T Light brown sugar
- 1 T Honey
- 2 T Smart Balance margarine
- 1/4 C Dijon mustard
- 2 T Tamari (low salt)
- 2 T Extra virgin olive oil
- 1 T finely grated ginger (optional)
- Non-stick cooking spray

COOKING INSTRUCTIONS

- 1 Melt brown sugar, honey & margarine in a saute pan over medium high heat
- 2 When melted remove from heat & whisk all remaining ingredients except the spray
- 3 Allow the sauce to cool
- 4 Use a pastry brush to coat the fish with sauce



FISH SAUCE # 2

Fish recommended for these recipes are salmon, ahi tuna ,sea bass & flounder

INGREDIENTS

- 1/4 C Honey
- 3 T Tamari (low salt)
- Garlic Spray

COOKING INSTRUCTIONS

- 1 Apply garlic spray
- 2 Mix honey & tamari
- 3 Coat fish with sauce using a pastry brush

NOTE

You can bake, broil or grill your fish using these recipes