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# Herb Butter Salmon w/ Balsamic Glaze Polenta

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Friday, 17 October 2008

While cleaning out the freezer, I found a piece of flash frozen wild Alaskan salmon left over from my last purchase at the local hippie grocery store. This was a total surprise, I was going to go to the mega mart and this let me stay home for the evening. Yay!

## Ingredients

1 6oz Salmon  
3 Tablespoons Butter  
Random Herbs from Pantry  
1/4 Teaspoon Salt  
2 Tablespoons Capers  
Polenta from a tube  
1/4 Cup Brown Sugar  
1 Tablespoon Balsamic Vinegar

## Steps

- Combine butter, herbs, salt and top salmon in a small oven safe container.
- Bake at 450 degrees for 10 minutes.
- Combine brown sugar and vinegar.
- Simmer glaze for 5 minutes until smooth.
- Fry polenta with a little oil until lightly crispy.
- Top polenta with glaze and top salmon with capers.