

Salmon with Cocoa Garlic Rub

Version 1:

6 fillets salmon
1 teaspoon salt
1 teaspoon pepper
Olive oil
Rub mix:
2 teaspoons crushed garlic
1 flat tablespoon cocoa
3 packed tablespoons brown sugar
1/4-1/2 teaspoon ground chili

Version 2:

6 fillets or 1 filleted side of salmon
1 teaspoon salt
1 teaspoon pepper
1/4- 1/2 teaspoon ground chili or cayenne pepper
1 flat tablespoon cocoa
1/3 cup brown sugar

Directions:

Preheat oven to 400 F/200 C.

Version 1: Place a piece of parchment paper on a rimmed baking sheet. Drizzle paper with olive oil. Lay fillets skin side down on oiled paper. Season with salt and pepper and let sit while you make rub. In bowl mix garlic, cocoa, brown sugar and chili. Mixture will be a bit crumbly. Oil tops of fillets with a bit of olive oil. Rub cocoa mixture into fillets on top and sides. Bake for 12-15 minutes till doneness you desire.

Version 2: Place a piece of parchment paper on a rimmed baking sheet. Oil spray parchment paper. Place side of salmon skin side down on oil. Mix together salt, pepper, chili or cayenne pepper, cocoa and brown sugar and rub mixture into fish (no oiling top of fish) till coated on top and sides. Bake for about 25 minutes until side of salmon is cooked through. For fillets, same as above, 12-15 minutes of cooking.