

Mango-glazed Salmon

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Recipe from Coastal Living, via My Recipes.com

Yield: 6 servings

Ingredients:

- 2 tablespoons soy sauce
- 1 tablespoon minced fresh ginger
- 1 (3-inch) cinnamon stick
- 1 star anise
- 1 teaspoon rice vinegar
- 1 (10-ounce) bottle mango nectar
- 6 (6-ounce) salmon filets, about 1 inch thick



Directions:

- Stir together first 6 ingredients in a small saucepan (everything except the fish).
- Bring to a boil. Reduce heat and simmer, uncovered, at least 25 minutes or until reduced to $\frac{3}{4}$ cup.
- Pour mango mixture through a wire-mesh strainer; discard solids.
- Return mango mixture to saucepan; keep warm.
- Place salmon on a rack in a broiler pan coated with cooking spray. Broil 5-1/2 inches from heat about 5 minutes.
- Brush fish with $\frac{1}{3}$ cup of mango mixture.
- Broil 3 minutes more or until fish flakes easily with a fork.
- Spoon remaining mango mixture evenly over fish.