

JUNE 08

freedom grill
Fire Brand

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

FATHER'S DAY

SUMMER BEGINS
FIRE BRAND FOUNDER
SCOTT FREE'S BIRTHDAY

FLAG DAY

RECIPE of the MONTH

- 4 salmon fillets (6 ounces each with skin)
- 2 Tbs olive oil
- 2 Tbs Fire Brand Spicy Habanero Mustard
- 2 Tbs fresh lime juice
- 1 tsp lime zest
- 1 tsp honey
- Sea salt
- Cracked pepper

Sweet & Spicy Mustard Glazed Wild Salmon

Use wild salmon for this recipe if you can get it. It's darker red than the farm raised salmon and has a nicer flavor. Preheat oven to broil. Mix olive oil, Fire Brand Mustard, lime juice and zest, and honey in a small bowl and add salt and pepper to taste. If the flavor isn't quite right, add more honey to balance the tanginess of the lime juice. Rinse the fillets, spray a baking pan with cooking spray and place the fish skin down on the pan. Brush mustard glaze over the salmon to evenly coat each fillet. Broil about 3" from heat for about 10 minutes until the fish is opaque and the glaze has started to brown. Serve with vegetables and rice.

