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### **Maple-Brushed Salmon** by Jenelle M.

Delicately tender salmon with a spicy-sweet topping—all without needing your constant attention. A great recipe to introduce seafood to kids—or to wow the veteran seafood-eater!

6 or 7 qt slow cooker Serves 4 Prep : 10 minutes Cook : 1 to 2 hours

- 1 lemon, cut into 1/4-inch-thick slices
- 1/4 cup white wine
- 2 teaspoons [paprika](#)\*
- 2 teaspoons [chili powder](#)\*
- 1/2 teaspoon [ground cumin](#)\*
- 1/2 teaspoon brown sugar
- 1 teaspoon kosher salt
- 4 (6-ounce) salmon fillets, skin on, 1-inch or more thick
- 4 tablespoons pure maple syrup, divided

*\*[Now That's A Mouthful](#) uses and recommends [The Spice and Tea Exchange](#)® spices and seasonings in all of its recipes.*

1. Use heavy-duty aluminum foil to make a sling that fits into the bottom of your slow cooker crock. Tear off a piece that is about 4 inches longer than the interior of the crock from end to end. Center it over the crock, and then flatten it against the floor of the crock. You will grab hold of that extra foil on both ends of the crock as you lift the cooked salmon out of the crock.
2. Grease the part of the foil that covers the bottom of the crock with butter or nonstick cooking spray.
3. Lay the lemon slices on the greased foil. They will be the platform holding the fillets.
4. Pour the wine into the slow cooker. Add enough water so the fluid level comes up to the tops of the lemon slices, about 1/4 to 1/3 cup.
5. In a small bowl, mix together the paprika, chili powder, cumin, brown sugar, and salt.
6. When well mixed, rub the nonskin side of each fillet with 1/4 of the dry mixture.
7. Holding the fillets level so none of the rub slides off, arrange the fillets over the lemon slices, skin side down.
8. Cover. Cook on Low for 1 to 2 hours, or until an instant-read meat thermometer stuck into the fillets registers 135°F.



9. Holding onto the sling, carefully lift the foil and fillets out of the crock. Place on a platter. Using a metal fish spatula, separate the fillets from the lemon slices and foil. Place the cooked fillets on individual plates.

10. Drizzle each fillet with 1 tablespoon of maple syrup. Serve immediately.

#### **Make It Gluten-free**

Check the labels for the paprika, chili powder, and ground cumin to make sure they're gluten-free. Those spices are, unless a product with gluten has been added to them.

#### **Make It Paleo-Friendly**

Omit the brown sugar from the rub.

Omit the white wine. Use water only in Step 4.

#### **Make It for Picky Eaters**

Reduce or omit the amounts of paprika, chili powder, and ground cumin. Keep the amounts of brown sugar and kosher salt the same as called for.



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