Double Glazed Salmon Filets

1/4 cup salt

1/4 cup sugar

4 skin on salmon filets

1/2 teaspoon vegetable oil

1 Tablespoon minced fresh parsley

Lemon Glaze

1/4 cup lemon juice (2 lemons)

3 Tablespoons water

2 Tablespoons sugar

4 teaspoons soy sauce

1 1/2 teaspoons cornstarch

6 sprigs thyme

Combine glaze ingredients (except thyme) in a saucepan.

Stir until smooth.

Add thyme and bring to a simmer.

Cook until thickened.  (1 minute). Cool.

Reserve 2 Tablespoons.

Dissolve sugar and salt in 2 quarts cold water.

Submerge salmon and let soak at room temperature for 15 minutes.

Remove salmon from brine and pat dry.

Heat oil in skillet. Place filets, skin side down, in pan.   Cook 2-3 minutes.

Flip filets.  Brush tops with reserved glaze.

Transfer skillet to oven and cook 10-15 minutes at 300.

Brush remaining glaze over tops of salmon.

Sprinkle with parsley and serve.