

## Cajun Honey Butter Salmon That Melts in Your Mouth

Say hello to the salmon recipe that's about to become your new weeknight favorite. This



**TIME**  
**30 min**

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### INGREDIENTS

For the Salmon:

- 4 salmon fillets, salted and seasoned to taste
  - 6 tablespoons unsalted butter, at room temperature
  - 1/3 cup honey
- Seasoning Mix:
- 2 tablespoons Cajun seasoning
  - 2 tablespoons garlic powder
  - 2 teaspoons Italian seasoning
  - 2 teaspoons paprika (smoked, if available)
  - 1 teaspoon cayenne pepper
  - 1 teaspoon onion powder
  - 1 teaspoon cracked black pepper (or 1/2 teaspoon ground)
  - 1/4 teaspoon salt
  - 1/2 teaspoon crushed red pepper flakes

### DIRECTIONS

1. Prepare the Cajun Honey Butter: Mix the Seasoning: Combine all seasoning ingredients in a small bowl.
2. Whip the : Butter: Beat room-temp butter until light and airy (about 2 minutes). Blend in the honey and 1 tablespoon of the seasoning mix.
3. Store leftover seasoning in an airtight container for up to 3 months.
4. Season the Salmon: Pat fillets dry with paper towels.
5. Rub lightly with oil, season with salt and black pepper.
6. Grill the Salmon: Heat your grill or grill pan over medium heat.
7. Grill salmon for 6-8 minutes per side, depending on thickness, until the flesh is opaque and has a golden crust.
8. Add the Honey Butter: Turn off the heat. While the salmon is hot, spread a generous layer of Cajun honey butter over the top.
9. Let it melt, then use the back of a spoon to evenly spread. Flip and repeat on the other side.

### SWAPS & NOTES

Butter : For a dairy-free option, use vegan butter.

Cayenne & Red Pepper : Adjust to your spice tolerance.

Honey : Maple syrup makes a great substitute if you prefer it or need a vegan option.

Salmon : Skin-on fillets help hold shape while grilling, but skinless also works fine.

## TIPS FOR SUCCESS

Room Temp Butter : Makes whipping easier and smoother.

Dry the Salmon : Helps create a better crust when grilling.

Watch the Heat : Too high and your honey butter may burn quickly.

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Original recipe: <https://chefmaniac.com/cajun-honey-butter-salmon-that-melts-in-your-mouth/>