



Asian Grilled Salmon and Marinade

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Categories: Main Dish - Seafood

Servings: 6

Start to Finish Time: 34 minutes

Preparation Time: 5 minutes

Cooking Time: 9 minutes

Description: A different Asian marinade - No peanut oil.

Ingredients - Salmon

6 1/2 lbs Salmon Fillets,
skin on

Ingredients - Marinade

3 T Dijon Mustard

2 T Shoyu Soy Sauce,
dark

6 T Olive Oil, good one
1/2 t minced Garlic

Directions -

1) Whisk together the mustard, soy sauce, olive oil and garlic in a small bowl. Drizzle half of the marinade over the salmon and allow it to sit 10 minutes or more, but not more than 30 minutes. Hold the remaining marinade in reserve.

2) Using a hot grill or grill pan, place the salmon skin side down on the grill or grill pan. Cook 4-5 minutes, depending on the thickness of the fish. Turn carefully with a wide spatula and cook for another 4-5 minutes. The salmon will be slightly raw in the middle, but it will continue to cook.

3) Transfer the salmon skin side down, to a flat plate. Spoon a little of the reserved marinade on top. Allow the fish to rest 10 minutes. Serve warm, at room temperature or chilled.

4) Serve with Sautéed Creamed Mushrooms and Steamed Asparagus.