

The Marv's Meats Recipe Collection #39

Grilled Salmon

Prepare a medium-hot grill. Brush or scrape grill surface as clean as possible. Using tongs dip a wadded paper towel in olive oil & coat grilling surface. Prepare one 8 oz. portion of salmon per person in one of the methods described below & grill filet, flesh side down, for 5-7 minutes. Carefully turn salmon fillet & grill skin side down until done – the rule of thumb is 10 minutes of total cooking time per inch of thickness. When fish is done slide a spatula between flesh & skin – flesh should separate easily. Discard skin & serve immediately.

Herbed Grilled Salmon: Lightly brush salmon fillet with olive oil, coat generously with fresh herbs (any combination: basil, oregano, thyme, rosemary, dill, etc.), drizzle w juice of $\frac{1}{2}$ lemon & grill as described above.

Cajun Salmon: Lightly brush fillet with olive oil, season to taste with Slap ya Mama Cajun Seasoning (or any of the many Cajun seasonings on the market – Marv's just loves Slap ya Mama the best), drizzle with juice of $\frac{1}{2}$ lemon & grill as described above.

Maple/Soy Glazed Salmon: Mix equal parts of maple syrup & soy sauce in a dish, bowl or zip-loc baggie. Place salmon fillets in maple/soy mixture & soak/marinade 30 minutes. Remove salmon, discard marinade & grill as described above.



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Open Tuesday–Sunday from 7:30 a.m. to 6:00 p.m. (closed Mondays)

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