

CANADA

Grilled Salmon

Grilled salmon is a flavorful and nutritious dish, known for its rich taste and tender, flaky texture. Salmon's high oil content makes it ideal for grilling, as it stays moist and flavorful even when cooked over high heat. Typically, the fillets or steaks are lightly seasoned with salt, pepper, and olive oil, though marinades featuring ingredients like lemon, garlic, soy sauce, or herbs such as dill or rosemary are also popular. The salmon is grilled for a few minutes on each side, developing a crispy, charred exterior while remaining moist and juicy inside.



Ingredients

- 4 salmon fillets (about 6 ounces each), skin-on
- 2 tablespoons olive oil
- 2 tablespoons lemon juice
- 2 cloves garlic, minced
- 1 teaspoon Dijon mustard
- 1 teaspoon honey or maple syrup
- Salt and pepper to taste
- Lemon wedges for serving
- Fresh dill or parsley for garnish (optional)

How to prepare

1. Preheat your grill to medium-high heat. Brush the grill grates with oil to prevent sticking.
2. In a small bowl, whisk together olive oil, lemon juice, minced garlic, Dijon mustard, honey or maple syrup, salt, and pepper to make the marinade.
3. Place the salmon fillets in a shallow dish or a resealable plastic bag. Pour the marinade over the salmon fillets, making sure they are evenly coated. Cover the dish or seal the bag and marinate in the refrigerator for at least 30 minutes, or up to 2 hours.
4. Remove the salmon fillets from the marinade and discard any excess marinade.
5. Place the salmon fillets on the preheated grill, skin-side down. Cook for about 4-5 minutes without moving them, to get nice grill marks and crisp the skin.
6. Carefully flip the salmon fillets using a spatula. Cook for another 4-5 minutes, or until the salmon is cooked through and flakes easily with a fork. The internal temperature of the salmon should reach 145°F (63°C).
7. Once the salmon is cooked to your liking, remove them from the grill and transfer them to a serving plate.
8. Garnish the grilled salmon with fresh dill or parsley, if desired. Serve hot with lemon wedges on the side.