

Mark Mitchell's Grilled Salmon

Swick

Serves 1 | Active Time: 25 minutes | Total Time: 25 minutes

Chef's Notes

This recipe is from "Anita Stewart's Canada", which is Anita Stewart's most recent cookbook.

Try these other flavor combinations by Mark Mitchell:

Indian Flavors

- 1/2 tsp cumin seeds
- 1/2 tsp coriander
- 1/4 tsp garlic powder
- 1/4 tsp turmeric
- 1/4 tsp cayenne pepper
- salt (to taste)

To make the rub, grind the cumin, using a mortar and pestle. Combine the cumin, coriander, garlic powder, turmeric and cayenne. Rub into the surface of the salmon and sprinkle lightly with salt before cooking. Discard the leftover marinade.

Asian Marinade

- 2 tbsp sesame oil
- 1 tbsp soy sauce

To make the marinade, whisk together the sesame oil and soy sauce. In a large baking dish, brush or rub the marinade over the salmon. Let it stand, flesh-side down, in the marinade for 30 minutes at room temperature, or for 60 minutes in the refrigerator before cooking.

Step 1: Preparing the Salmon

- 1 lb fresh side of salmon
- To prepare the salmon, first remove any pin bones, if needed. Cut the side of salmon into serving-size pieces or keep whole. Set aside while you prepare the salsa.

Step 2: Making the Mango Salsa

- 1/2 red onion
 - 1 ripe mango
 - 1 small cucumber
 - 3 tbsp lime juice
 - jalapeño pepper
 - 2 tbsp fresh coriander (cilantro)
- To make the salsa, finely chop the onion. Dice the mango and cucumber. Remove the seeds from the jalapeño pepper and finely mince. Chop the cilantro and mix everything in a bowl. Set aside.

Step 3: Grilling or Baking the Fish

- 1/2 tsp salt
- freshly ground pepper (to taste)

To grill the fish, preheat your barbecue to medium. Douse a scrunched up paper towel in vegetable oil. Holding the paper towel with tongs, lightly oil the hot grill.

Sprinkle the salmon with the salt and pepper to taste. Lay the fish on the grill, skin-side down. Close the lid and cook for approximately 7 to 10 minutes, or until done.

Alternatively, you can place the fish onto a parchment-lined baking tray and bake in a the oven, which has been preheated to 450° degrees Fahrenheit.

Once the fish is done, serve immediately with the mango salsa.