

Asian Pan-grilled Salmon Fillets

Ingredients

- 4 (4 -oz.) Salmon Fillets (de-boned with skin still on)
- 1 tbsp Sesame Oil
- 2 tbsp peeled and grated Gingerroot
- 2 tbsp Honey
- 4 Cloves Garlic, minced
- 2/3 Cup Low Sodium Soy Sauce
- Chopped Green Onions

Preparation

1. Whisk together ginger, garlic, honey, and soy sauce in a bowl. Remove and set aside 1/4 cup of mixture for later in cooking process.
2. Pat the fish dry with paper towels to remove any moisture from the fish. Marinate fillets in the remaining soy marinade for 5 minutes in the refrigerator.

Cooking

Heat sesame oil in a large skillet over medium-high heat. Remove fillets from marinade. Grill the fish skin-side up for about 5 minutes. Flip and drizzle reserved 1/4 cup marinade over the fish. Sprinkle with green onions. Cook 5 to 7 minutes more or until fish flakes with a fork. Peel the skin from the bottom and serve.

Tips

I got this from a Safeway recipe. I substitute olive oil for the sesame oil and it still tastes good. In addition to salmon, this recipe is also great for landlocked salmon or trout. On my stove medium heat is sufficient and I had to keep shaking the pan to keep the fish from sticking when it was skin-side up. I flipped it when the fish had a nice caramelized golden brown look.