
Salmon Two Ways

Select fresh North Atlantic Salmon over pond raised varieties. Select a 1" thick cut for best results. If the cut has its skin on one side, ask the butcher to remove it and re-price the cut. We recommend the skin removed because it contains the heaviest fats, oils and fishy flavors. Do not buy frozen if you can find fresh.

One Way: Herb and Spice Rub Crusted.

Use Mike's Gourmet Herbs Meat Rub & Marinade - a balanced blend of 13 herbs and spices.

Drizzle meat with Extra Virgin Olive Oil and brush evenly on all exposed surfaces. Sprinkle with an even, light layer of Mike's Gourmet Herbs Meat Rub & Marinade. Note: a light layer doesn't have any of the rub "piled up" and the layer is not like a carpet of herbs - there are visible areas of untreated meat. Press the rub into the oil until wet. Wrap in foil and place in fridge for 30 minutes to an hour prior to cooking.

Prepare the grill to the 250° to 300° range. Always use a grill spatula when grilling fish.

Place the entrée in the center of the grill and sear until the grill "lines" are visible in the meat. This is about 7 minutes. Turn and sear the other side equally. When both sides are seared, lower heat and place meat on a higher level in your grill, away from direct flames. Turn entrée every 5 minutes until the cut parts (cracks, splits, opens) when you turn it. Carefully (without tearing cut apart) check center to determine if it has cooked "white" all through.

Remove with spatula when done. Serve as is or serve topped with grated, pickled ginger (find pickled ginger in groceries that cater to Chinese or Oriental cuisines). You can also drizzle with our Honey Mustard or Honey Balsamic Grilling Marinades. Another sauce recommended is a homemade creamed horseradish sauce (mayonnaise, horseradish, capers, and dill weed). Or try a Hollandaise sauce.

The Other Way: Red Spice BBQ Rub Basted.

Use Mike's Red Spice BBQ Rub - a blend of ground red Ancho Chile peppers, ground sweet smoked Hungarian paprika, and red Hawaiian sea salt.

Blend well 1/2 cup Apple Cider Vinegar and 2 tablespoons of Mike's Red Spice BBQ Rub. Set aside and allow to thicken.

Use a basting brush and baste both sides of entrée with your vinegar red baste. See that a few of the Sarawak cracked peppercorns in the baste are left on the entrée.

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