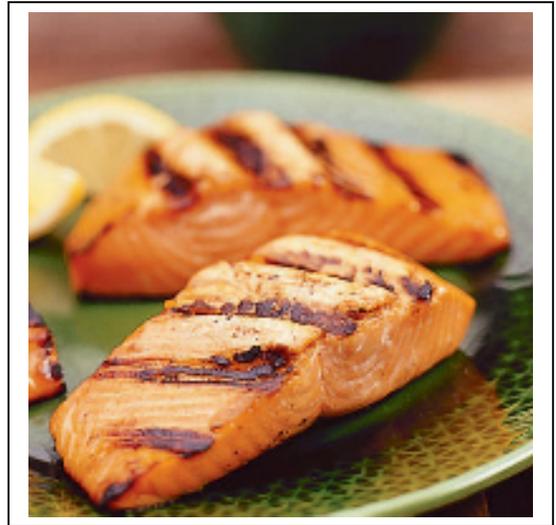


Grill Skills 101

How to Grill a Fillet of Salmon

You will need

- 1 Grill with gas or with charcoal
- 1 Spatula
- 1 Wire Brush
- 1 Washcloth, hand, terry cloth
- 1 Filet of Salmon
- 1 Bowl
- 4 oz. Vegetable Oil
- 1 tsp. Seasoning Mix
- 1 Drink (Beverage of your choice)



Directions

Get the grill "HOT"!! About 400F for home grills and 750F + for the professional grills. Place salmon in bowl with 1 oz. of oil and 1 tsp. of seasoning depending on the size of the fillet of salmon. Massage seasoning into the salmon. Set aside.



To prepare the grill, brush rails with a wire brush, get them clean from ash, charred pieces or any residue. Dip cloth into oil. Wipe rails with cloth.



Lay the salmon on the rails of the grill at a 45° angle. Cook the salmon for 4-5 minutes or so. The outside edge of the salmon will turn pink and juice will rise on the top of the salmon. Turn salmon over and make sure that the lines on the salmon are straight and in line with the rails on the grill. Let the salmon cook for 4-5 minutes. The salmon will begin to turn pink and the juice will rise on the top. This is a medium done salmon. Two sets of stripes on each side of the salmon. Cook longer on each side for more well done but only turn the salmon one time.

