



Julie Zyromski

4 ingredients salmon

Portions: 2 filets

Preparation: 15 minutes

Cooking time: 15 minutes

 2

LF

GF



Ingredients

2 salmon fillets of 8 oz. (250 g), skin-on
Pickling salt, enough to cover both filets
3 tablespoons (45 ml) of fresh ginger, crushed
3 tablespoons (45 ml) of brown sugar
The zest of one lemon
Freshly ground pepper, to taste

Steps

1. Place your fillets on a plate and cover them with the pickling salt. Each side should be covered.
2. Refrigerator for a minimum of 2 hours, maximum 3 hours. The salmon is ready when the skin has changed to a darker color and the flesh feels harder.
3. Rinse, under cold water each filet to completely remove the salt and pat dry with a paper towel.
4. Put back on the plate, add a good amount of black pepper on each side, and reserve.
5. In a bowl, mix together the ginger, the brown sugar and the lemon zest and cover the fillets with the marinade.
6. Refrigerate for a minimum of 1 hour or until ready for dinner. You cannot marinate for too long, the longer the better.

Two cooking options

A- On the BBQ: you will need a cedar wood plank, soaked for 2 hours. Cedar planks are available at your supermarket in the BBQ section. Otherwise, favour cooking in the oven.

Place the salmon, skin down on the wooden plank and cook on indirect fire for about 15 minutes, or until salmon is medium rare.

B- In the oven: preheat the oven to 400°F and place the salmon, skin down, on a baking sheet and cook for about 15 minutes, or until salmon is medium-rare.