

# Bank Kitchen Recipe

## JIM'S GRILLED SALMON

Total Prep Time: Approx. 15 minutes    Servings: 2 people

Ingredients: one 8-to-10 ounce salmon fillet, lemon juice OR lime juice, dried dill weed, salad grind black pepper, fresh parsley, and sliced lemon

Begin by rinsing the fillet with cold water. Dry the fillet using a disposable paper towel. In a glass container, liberally sprinkle meat with lemon OR lime juice. Use the juice of your choice.

Next, liberally sprinkle the dill weed, and black pepper over the fillet. Vary the amount based upon personal taste. Remove from glass container. Place prepared fish on heavy-duty aluminum foil.<sup>^</sup> Folding the foil, form sides around the fillet to contain any moisture that may cook out of the meat.

Locate foil over medium heat on a charcoal, or gas grill.

Cook for approximately eight minutes, or until fillet flakes apart with a fork. Remove from heat. Allow to cool for *no more* than two minutes. Any longer, and the fish will be cold when eaten. Place cooked meat on a plate. Garnish with fresh parsley, and lemon slices. Enjoy!

<sup>^</sup>Note: store-bought salmon fillets may have no skin attached; thus, the top of the foil will need to be coated with a non-stick cooking spray prior to grilling. If using salmon with the skin attached, *do not* spray the foil. The meat will pull apart from the skin after it is cooked.

