

Grilled Rosemary Salmon



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30 min

CA

OR

WA

6-8

Ingredients

2 Pacific salmon fillets or steaks (recommend pink or sockeye salmon)

½ cup orange juice

½ cup oil

2 ½ tablespoons fresh rosemary, OR ½ teaspoon of rosemary paste + 2-3 tbsp fresh rosemary

3 cloves garlic, crushed

1 ½ teaspoons kosher salt

Prepare your rosemary mixture – with your rosemary or rosemary paste, garlic, and salt, mix together to make a rub for your salmon. Pulsing these ingredients in

a food processor usually yields the best results. Rub the rosemary mixture on your salmon, both sides if using steaks.

Place your salmon in a container so that you can soak it in the orange juice and oil. Turn the salmon over as needed to make sure all sides are marinated and set aside to refrigerate for about two hours. Basting and turning it every 10-20 minutes or so will help to create an even richer infusion of flavors.

When ready to cook, heat your grill to a high temperature. Optional: toss those extra tablespoons of fresh rosemary on the coals or grill irons for added flavor. Grill your salmon for 5-10 minutes on the first side (your meat should start to flake) then grill 5 minutes on the second side (again until the meat flakes). Be careful not to overcook as it will dry out or burn.

Alternatively, you can grill your salmon in a [foil packet](#), which can reduce food spillage and post-dinner clean up time. In this instance, you would also increase your grilling time to about 14-18 minutes, give or take depending on the thickness of your pieces. Dish up and enjoy with your favorite sides!

Recipe courtesy of [Cooks.com](#) and the [Pacific Fishery Management Council](#), with adaptations made by Lucia Davids at Washington Sea Grant.

Species Group

Salmon