

Fisherman's Grilled Salmon & Burger Recipe



Fisherman's Grilled Salmon and Salmon Sliders

30 min

OR

WA

6-8

Ingredients

Ingredients:

1 fillet Chinook (King) salmon*, skin-on

Olive oil

Kosher salt

Freshly cracked black pepper

Vegetable oil

Lemon wedges, for serving

*Can substitute other species of salmon, but adjust cook time based on thickness of the fillet.

Prepare the salmon

Run your finger along the center of the fillet, removing all pin bones with tweezers. Leave the skin on and cut into equal portions, about 2-3 inches wide. Wrap the fillets in a paper towel and refrigerate for 15 minutes. Lightly coat the salmon with olive oil and season with salt and pepper.

Prepare the grill

reheat to high heat. Clean and oil the grates. Once the grill reaches 450-500°F, place fillets on the grill diagonally to the grates, skin side up (raw flesh side down). Cover and let cook for about 4 minutes. Flip, cover, and let cook for a couple more minutes. If the fillets stick when you try to flip them, let cook for 30 second increments until they no longer stick. It is done when the flesh flakes easily and the center is still moist. If using a thermometer, 125°F produces medium-rare salmon and 145°F produces well-done salmon, which is recommended by the [USDA](#). Serve with lemon wedges and enjoy!

BONUS RECIPE – Salmon Sliders

When filleting a salmon, some meat inevitably sticks to the skeleton. Salmon sliders are a great way to reduce waste and use this meat in a delicious way. If you buy a whole fish and have the vendor fillet it, they should be happy to give you the skeleton.

Pro-tip: Another way to make the most of this meat is to poach the skeleton in simmering water. The meat will release from the bones, which you can enjoy on salads or mixed into dips.

Using a spoon, scrape the skeleton clean. If you need more volume, use a meat grinder to grind more salmon, or chop it finely (bones removed, skin off). Mix browned onion, salt, pepper, and your favorite spices (e.g. fresh or dried dill) into the ground salmon. Shape into patties, keeping in mind they won't shrink like beef patties.

Lightly grease a stovetop grill pan or frying pan with vegetable oil and heat on medium-high.

Cook until the first side is crisped up, then flip to finish cooking.

Serve on light, fluffy buns with your favorite condiments and fixings.

Recipe courtesy of Washington Sea Grant