

Grilled Rosemary And Lemon Salmon Fillets

Ingredients

1 whole salmon (cleaned)
1 clove of garlic
10g fresh parsley
8g fresh rosemary
4 green onions
120ml vegetable oil
1 tablespoons chilli flakes
120ml lemon juice

Directions

Using a Wüsthof 16cm Filleting Knife start behind the head of the fish and cut toward the tail with the knife blade in contact with the vertebral column.
Continue cutting until you reach the tail and set the freshly cut fillet aside.

Flip the salmon over and begin the same process starting at the tail, taking extra care to cut around the dorsal fin.

With each of the two fillets you will need to remove the rib bones.

Slowly slip the knife between the rib bones and flesh, gently lifting the rib bones away with the least flesh possible.

Remove any remaining bones with fish pliers or tweezers.

Place the salmon fillets in a shallow dish.

Using a Wüsthof 20cm Cooks Knife, finely chop the garlic, parsley and rosemary and finely slice the onions.

Combine marinade by adding garlic, parsley, rosemary, onions, vegetable oil, chilli flakes and lemon juice in a bowl.

Set aside ¼ cup of marinade for basting and pour the remainder over the salmon.

Cover the bowl with plastic wrap and refrigerate for 30 minutes.

Drain the marinade from the salmon.

Grill salmon (skin side down) on a barbecue grill or char grill pan, for 15-20 minutes or until fish flakes easily with fork.

Baste the fillets occasionally with the remaining marinade.

Serves 4