

Grilled Salmon with Mango Salsa

Serves 4

Courtesy of L'Academie de Cuisine Chef Brian Patterson, for demo August 7, 2015

Vegetable oil, for seasoning the grill

Four 6-8 oz boneless, skinless filet of salmon

2 teaspoons kosher salt

1 teaspoon freshly ground black pepper

1 pinch cayenne pepper

1/4 cup olive oil

Mango salsa (see [Food Fridays recipe page](#) for recipe)

1. Clean the grates of the grill. Preheat the grill and the grate for 15 minutes. Lube the grate by rubbing it with a towel that has a little vegetable oil on it.
 2. Make sure the surface of the salmon is dry, if necessary, pat dry with clean paper towels. Season the salmon filets on both sides with salt, pepper and cayenne, and brush lightly with olive oil. Identify which side of the filet is the "bone" side and which is the "skin" side.
 3. Right before cooking the fish, reduce the flame to medium heat. Place the filet skin side down on the hot grate and let sit for 1 minute. **DO NOT MOVE OR PRESS DOWN ON THE FISH!!!** (If flames flare up, douse them with water or beer.)
 4. Using a pair of tongs (you may have the spatula handy, but if things are going smoothly, you will not need it) lift up each piece of fish, rotate 90 degrees, and place back down onto the grate. Continue cooking for 1 minute without pressing down or moving the fish.
 5. Flip each piece of fish over, douse any flare ups, reduce the heat to low, and close the lid or place a cover over the grill. For fish that is approximately 2 inches thick, allow the fish to cook about 10 minutes.
1. The fish is done when traces of white protein (albumen) appear between the flakes. The salmon should have just a trace of undercooked flesh in the center of the filet.

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