



Grilled Salmon

1 pound of salmon fillet, with the skin

Old Bay Seasoning

Fresh lemon slices

Oysters, if desired.

1. Add a generous portion of Old Bay Seasoning to the fish side. Make sure the fish is covered with Old Bay
2. Add fresh slices of lemon to the fish side, about 4-5 slices
3. Add the filet to a pre-warmed grilling pan (skin side down) that contains plenty of non-stick spray or oil to prevent sticking. Prop the grill lid up while cooking and keep the grill around a medium heat. Grill for roughly 20 minutes. Rotate the pan while cooking to slow the cooking from making the meat fall apart. The ideal internal temperature is 145 degrees(F). If the fillet are slightly translucent in the center remove when they reach an internal temperature of 135-140 degrees(F).
4. For an oyster side dish, flip the oysters every five minutes and spray with water to keep them moist. When they begin to pop open, they are ready to serve, via steam.
5. Eat the fish with a fork and you can even pick the meat right off the skin, yummy!