

Tarragon mustard grilled salmon

1/3 cup Dijon mustard

Juice of 1 lemon

2 tablespoons chopped fresh tarragon

1 teaspoon Old Bay seasoning

Salt & Pepper

1 cup extra virgin olive oil

2 pounds center-cut skinless salmon fillets, in four pieces

Vegetable oil for grilling

In a small bowl, combine mustard, lemon juice, tarragon, Old Bay and salt and pepper (to taste). With a small whisk, beat in olive oil. Coat the fish all over with marinade.

Turn one side of the grill to high and the other to low (or build a bi-level fire). When grill is hot, brush it with vegetable oil and place salmon fillets on. Cover the grill. When the first side of the salmon is nicely browned, carefully flip it. When the second side is brown, test fish for doneness.

Sometimes I ask Chris at Hewlett Fish Market to keep the skin on my fillets, the skin will hold the fillet together as you cook it to your liking. Moving the fish to the cooler part of grill will also help in keeping that fillet together, just cover it and continue to cook until done.

I recommend using a wide spatula. Remove the fillets to a serving platter.

Makes 4 servings.