

# Maple Glazed Salmon

**Chef Sushila Narain, Steveston Seafood House**

## Ingredients

1 wild sockeye salmon fillet  
(approx. 1.3 lbs, serves 4)

### Marinade:

- 1/2 cup soya sauce
- 2 tbsp Dijon mustard
- 1 cup maple syrup
- 2 cloves of fresh garlic chopped
- Fresh lemon for garnish

## Method

- Mix marinade ingredients in medium sized bowl.
- Marinate fish in deep dish and place in fridge for a minimum of half an hour.
- Preheat BBQ to 450°–500°
- Place marinated fish on grill skin side down. Grill for approximately 6 minutes.
- Flip fish and grill other side for another 2 minutes.
- Garnish with lemon and serve on top of salad.

## Grilling tips

- **Grill the salmon on a 450°–500° F hot grill.** The number one way to ensure success when grilling fish is a smoking hot grill. Cook skin side down for about 6–8 minutes on hot grates to ensure the fish (or any other protein) won't stick to the grates and will lift easily away once it's done.
- **Oil the fish, not the grill.** Contrary to popular belief, there's no need to oil the grill grates. Oiling the fish itself improves the chances of it releasing more easily from the grates to look—and taste—better. Again, a neutral-flavored oil with a high smoke point like grape seed oil is a good one to choose.
- **Grill the salmon first skin side down.** Whichever variety of salmon you choose, choose a fillet or salmon cut with the skin on. The salmon skin provides a layer of safety between the grill grates and the fish's flesh as it cooks.
- **Keep a lid on it.** Maintain a more consistent cooking temperature with the grill lid covering the fish as it cooks, creating the same environment as an oven.
- **Flip once, and you're done.** To ensure the fish holds together and doesn't fall apart or stick to the grill grates, grill the salmon skin-side down for 90% of the cooking time.
- **How long to cook grilled salmon?** The fish will stick to the grates at first, but after about 6–8 minutes, the skin will crisp and release naturally, making it easy to flip to the other side for just another 1–2 minutes of browning.

