



Classic Salmon

If you have never tried cooking salmon before, try this easy, classic recipe.

Simply sprinkle some lemon juice, salt and pepper on some salmon fillets or salmon steaks and Grill or Pan-Fry.

Grill:

Grill the fillets or steaks in your oven or barbeque for 10-12 minutes per 2.54 cm (1 inch) of thickness. Flip then once if your barbeque does not have a lid.

Pan Fry:

Heat a small amount of oil or butter in a pan until very hot but not smoking. Fry for 5 minutes per 2.54 cm (1 inch) of thickness at their thickest section, turn and complete cooking. Fillets less than a 1.27 cm (1/2 inch) thickness do not need to be turned.

That's it! Fast, easy and delicious. Once you find how easy salmon is to cook, you will be trying out some of the many tasty recipes for salmon that will impress your friends and your taste-buds!