



Recipix

Your food coach



Grilled Citrus Salmon

Tailored for Ivan

INGREDIENTS

- 1/3 cup fresh orange juice
- * 1/3 cup fresh lemon juice
- * 1/3 cup fresh lime juice
- * 1/4 cup lime marmalade
- * 1/2 teaspoon sugar
- * 1/2 cup chopped onion
- * 2 tablespoons chopped peeled fresh gingerroot
- * six 6-ounce center-cut pieces salmon fillets with skin
- * 1/2 cup fresh coriander sprigs, washed well, spun dry and chopped

INSTRUCTIONS

In a blender blend citrus juices and marmalade until combined well. Pour 1/2 cup juice mixture into a bowl and stir in sugar until sugar is dissolved. Reserve juice mixture in bowl. Add onion and gingerroot to juice mixture in blender and purée until smooth. Transfer mixture to a shallow baking dish just large enough to hold salmon in one layer and stir in coriander. Arrange salmon, skin side up, in baking dish. Marinate salmon, covered and chilled, 1 hour. Prepare grill. Remove salmon from marinade and discard marinade. Pat salmon dry. Season salmon with salt and pepper and grill, skin side down, on an oiled rack set 5 to 6 inches over glowing coals 4 minutes. Put lid on grill and grill salmon until just cooked through, 3 to 4 minutes more. (Alternatively, salmon may be grilled in a hot well-seasoned ridged grill pan with a lid over moderate heat.) Carefully transfer salmon with a metal spatula to a platter and remove skin. Pour reserved juice mixture over salmon and serve with grilled mango.

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OTHER RECIPES:

Other Recipes:

Recipe 2: Salmon with Parsley Cream Sauce

Recipe 3: Baked Salmon

Recipe based on the ingredients:

almonds, crab, eggplant, rice, soy sauce, salmon