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Grilled Salmon with Charmoula

Recipe

Grilled Salmon with Charmoula

Photograph by Lisa Romerein

Serves 8 to 10 TIME 45 minutes

1/2 cup fresh lemon juice

1/4 cup olive oil

1/3 cup chopped fresh cilantro

2 tbsp. paprika (Hungarian or Spanish if possible)

1 tbsp. ground cumin

2 tsp. ground coriander

1/4 tsp. cayenne

3 garlic cloves, peeled and minced

1/2 tsp. salt

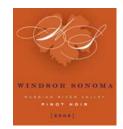
1/2 tsp. freshly ground black pepper

1 whole boned salmon fillet with skin (4 lbs.)

- 1. Make the charmoula: In a bowl, mix lemon juice, oil, cilantro, paprika, cumin, coriander, cayenne, garlic, salt, and pepper.
- 2. Rinse salmon and pat dry. With tweezers or needlenose pliers, remove and discard pin bones. Lay a double sheet of heavy-duty foil slightly larger than salmon on a 12- by 15-in. baking sheet. Set fish, skin side down, on foil. Trim foil to within about an inch around fillet; fold edges over, then up, to form a slight rim. Spread charmoula evenly over salmon.
- 3. Prepare barbecue for indirect heat: If using gas, turn all burners to high and close lid for 10 minutes, then adjust burners for indirect cooking (no heat down the center) and keep on high. If using charcoal, mound and ignite 60 briquets on the firegrate of a barbecue with a lid. When they're dotted with gray ash, in 15 to 20 minutes, push equal amounts to opposite sides of firegrate. Set a drip pan on the grate between coals. Set cooking grate in place.
- 4. Slide salmon on foil off baking sheet onto grill, not directly over heat. Cover barbecue. Cook until fish is opaque but still moist-looking in center of thickest part (cut to test), 20 to 30 minutes total.
- 5. Slide a large, rimless baking sheet or several wide spatulas under foil and fish to transfer to a platter or board. Tuck edges of foil under fish. Garnish with lemon wedges.

PER SERVING 358 cal., 55% (198 cal.) from fat; 32 g protein; 22 g fat (4.1 g sat.); 7.2 g carbo (1.2 g fiber); 213 mg sodium; 89 mg chol.

THIS RECIPE WAS CREATED SPECIALLY TO SERVE WITH...



2006 Windsor Sonoma Pinot Noir, Russian

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River Valley, 750ml

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