

Easy Buttery Lemon Pepper BBQ Salmon

FULL RECIPE

Ingredients:

- Salmon filets or steaks, 3-6 oz. per person
- Mrs. Dash Salt-Free Lemon Pepper Seasoning
- Cayenne Pepper, optional
- Salt
- Butter
- Lemon and/or Lime
- Parsley for garnish, finely chopped

Heat your barbecue grill to high heat (425-475°). Start with a flat surface to prep your salmon on that has no edge or lip to it so you can slide it off onto the grill without making a hole in your foil. I use a flat cookie sheet; a cutting board might also work.

Prepare your foil “pan” with 2 sheets of regular aluminum foil or one sheet of heavy duty foil. Lay out the foil on your prep surface to several inches larger on all sides than the space your fish takes up. Place your fish in the center of the foil skin side down so the filets don’t touch.

Season the salmon with a generous amount of Mrs. Dash Salt-Free Lemon Pepper Seasoning, cayenne, salt to taste, and extra garlic if that’s your thing. Add a generous amount of pats of butter on the surface of the filets. The more the better!

Curl up the edges of the foil to make a pan where the butter, once melted, won’t drip out. Getting the foil edges as close to the fish as possible will make the fish sit deeper in the butter = extra tasty!

Slide your foil pan off onto the preheated grill surface, but not before it’s fully preheated! There is no universal cooking time since all grills have a different temperature range and salmon filet thickness will vary. I like to check in on my salmon after about 10 minutes.

Some tips for perfectly cooked salmon:

- #1 Pro Tip: You don't want to overcook it!
- Grilled salmon cooks best at a high temperature for a short period of time.
- Slow cooking and over cooking will make your fish dry and rubbery.
- If you have different sizes and thicknesses of salmon filets you may want to take smaller filets off the grill first.
- Your fish is done as soon as the thickest part of the salmon is opaque in the center. Using a fork flake apart the fish. If the center doesn't flake or looks darker than the outside of the fish it's not quite done yet. But stay close; it's going to be done really soon!

When the salmon is done remove the foil pan from the grill by carefully sliding it back onto your prep surface. Be careful not to burn yourself or spill any of the melted hot butter. Using a spoon carefully baste the salmon with the melted seasoned butter from the pan.

Squeeze fresh lemon or lime juice over the top of the filets. Garnish with lemon slices and/or fresh chopped parsley if you like.

We often serve barbecued salmon with grilled veggies, rice, or baked potato. The butter is delicious on your rice and potatoes too!

Let us know how it turned out by posting a photo of your deliciousness to social media and tagging Hazen's Guide Service and using the hashtag #cooklikeafisherman.