



Pan-grilled Citrus Marinated Salmon

Ingredients (Serves 4)

4 boneless salmon fillets (approximately 6 oz. each), skin on

1 orange

1 lemon

2 Tbs. fresh minced dill

¼ cup extra virgin olive oil



Directions

Grate 1 Tbs. each of the orange and lemon rind, then squeeze the juice into a bowl. Whisk the zest and the juice together. Then whisk in the olive oil and dill. (Reserve a bit of the marinade to drizzle over the fillets after they are cooked.) Place the salmon fillets in a shallow baking dish, skin side down and pour the marinade over. Let marinate for 20 minutes at room temperature.

Preheat a cast iron or non-stick grill pan on top of the stove over medium-high heat. Remove the salmon fillets from the marinade, brushing off excess juice. Sprinkle the salmon with salt and freshly ground pepper. Brush the grill pan with a little oil and place the salmon fillets, skinned side down (meaning the skin will be on the top). Grill the salmon over medium high heat until one-third of the salmon appears opaque from the side, usually about 3 minutes. With a spatula, turn over the salmon and grill until the meat adhering to the skin is opaque and the center of the fillet is just barely done (medium rare).

Plate the salmon and drizzle with the reserved citrus marinade.