



## Grilled Dilled Salmon



### Ingredients

- Salmon filet(s) - try to get pieces that have about an even thickness (you can use steaks if you want, but I usually ask for center-cut filets)
- Artificial sweetener or brown sugar - about 1-2 teaspoons of sugar equivalent per pound of salmon
- Balsamic vinegar (or can use wine vinegar)
- 1 bunch fresh dill (works for up to 3 lbs or so of salmon)
- Salt, peppers, olive oil
- Oil with high smoke point for grill (such as vegetable oil or spray)

### Preparation

1. Sprinkle the brown sugar or sweetener over the salmon. Sprinkle the balsamic vinegar and salt over it as well.
  2. Chop up the dill. Drizzle enough olive oil over the dill to coat it - a tablespoon or so. Add black pepper and salt to the pile and toss with your hands, then cover the fish with the dill.
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1. The salmon should ideally sit at least half an hour, but it isn't essential. If it's going to be longer, put the fish in the refrigerator and remove it half an hour before cooking. It can even marinate overnight.
  2. Get the grill good and hot. If it's a charcoal fire, only put the coals under one side of the grill.
  3. Oil the grill (I like to use paper toweling on tongs), and put the salmon on, skin side down.
  4. If you plan to eat the skin, flip the filets after about 2 minutes, or when skin is a bit crispy. If you don't care about the skin, let it cook until you see the fish turn opaque about half-way up, about 3-4 minutes. Flip with grill tongs, or tongs plus a spatula. If the skin stays on the grill, no matter, just flip the fish to a spot just beside the skin. If you want to eat the skin, remove it with tongs at this point. Otherwise, let it burn and it will be easier to remove.
  5. Cook about 2-3 minutes and check to see if the fish is done. It should flake easily with a fork, but it doesn't have to be opaque all the way through unless you want it to be (I like it a little translucent at the center). If it isn't done, turn down the gas or move it to the cooler part of the grill to finish cooking.

The dill stays with the fish better than you think it will, but some will fall off and burn.