



## Freshwater Fisheries Society of BC

### Caesar/Hot Sauce or Mayo Recipe for Salmon

#### Ingredients:

1 fillet of salmon  
Caesar salad dressing  
Frank's RedHot sauce  
Dry dill  
Coarse salt

#### Directions:

If salmon fillet is over 1.5" thick – place fillet skin-side down, then cover with coarse salt and let stand for 10 minutes at room temperature. Wash off all salt with cold water, and damp-dry with a paper towel.

If fillet is less than 1.5" thick – just sprinkle with table salt as you would a steak, and do not wash off.

After the salting procedure is finished, mix the following ingredients together for each 4-5 lbs. of salmon fillet you are cooking:

1 cup Caesar dressing  
1/3 cup Frank's RedHot sauce  
1 tsp dry dill

Be sure to taste the dressing before putting it on fillet - it should be slightly hotter than you would like, as it will get milder during cooking.

Liberally brush the dressing onto fillet, and let marinate for about 20-30 minutes at room temperature before cooking.

I cook the fish by placing the fillet, skin-side down, on a piece of aluminum foil on a baking sheet in a barbecue that is preheated to medium hot (350°- 400° F). Close the barbecue lid, and let cook for about 20 to 25 minutes. Check periodically using a knife placed into the thickest part of fillet; cook only until the flesh loses its translucent appearance. **DO NOT OVERCOOK THE FISH, AS IT WILL BECOME RUBBERY.**

\*\* To change the recipe – replace the Caesar dressing with mayonnaise, and do not add hot sauce. Thinly slice enough lemons to cover all of the fillet(s). After applying your mayo base, cover fillet with lemon slices and continue with the cooking instructions as above.

Enjoy – cheers, Nick.