

Island Teriyaki Salmon Fillets

Ingredients

- De-boned Salmon Fillets (skin on or off)
- Trader Joe's Island Soyaki Marinade
- Vegetable Oil
- Kikkoman Teriyaki Baste & Glaze with Honey & Pineapple
- Sesame Seeds
- Thinly sliced green onions
- Jasmine Rice

Preparation

Pat the fish dry with paper towels to remove any water from the fish. Marinate the fillets in a zip-lock freezer bag or a covered bowl in the refrigerator for at least 20 minutes. If the fish are late year spawners or have been in the freezer for a while they may have a strong flavor. In this case I will marinate them up to 24 hours. For strong tasting mackinaw I've marinated them for up to three days.

Cooking

Grease an outdoor grill with some vegetable oil. Pre-heat the grill to 450 degrees (medium-high).

For fillets with the skin on

Grill them with the flesh side down for about two minutes to get a sear. Flip and grill them skin side down for the duration of cooking. When finished, slide a thin spatula between the skin and meat, leaving the skin on the grill.

For fillets with the skin off

Grill them for one to four minutes per side, flipping only once. The grilling can be tricky if the fillets are small or thin. In this case I will put a ceramic coated vegetable grate over the grill to keep the fish from falling through the grill.

The fish is done when it easily flakes. Scrape off the dark meat under the skin. Serve immediately over steamed jasmine rice topped with the glaze, green onions, and sesame seeds. For some kick drizzle some Sriracha on the side.

Tips

Small fish like kokanee only take about two minutes per side to grill. The marinade gives the fish a nice sweet flavor. If you find that the marinade flavor is too strong you can rinse the fillets before grilling. You can use a different marinade, but the Trader Joe's brand is my favorite. You can also top the salmon with some crushed pineapple if you like.