



BUSTLING BREAKFAST RECIPES

by Cynthia Lair

Dr. Bruce's Awesome Grilled Salmon

Dr. Bruce Gardner, a family practitioner, prepared this mouthwatering delicacy for us one summer and I have never forgotten it. The ginger-lime marinade makes this dish awesome. To put animal protein into proper perspective on the dinner plate, serve the salmon in 3-4 ounce portions accompanied by whole grains and vegetables.

2 - 3 pounds salmon filet

Marinade:

2/3 cup tamari or shoyu

2 teaspoon toasted sesame oil

2 tablespoons grated ginger

Juice of 1 large lime

4 cloves garlic, minced

4 scallions, finely chopped

Garnish:

2 red peppers, cut in big slices

To marinate salmon:

Put tamari, oils, gingerroot, lime juice, garlic, and scallions in a small mixing bowl; whisk together. Place fish in a shallow pan and pour marinade over the top. Allow to marinate one hour in the refrigerator.

To grill salmon:

When the coals in your grill are just becoming white, remove fish from pan and place fish on the grill, skin side down. Brush the top with part of the marinade and grill the fish for about 5 minutes. The rule of thumb for cooking fish is 10 minutes of cooking time per inch of thickness. Turn the fish over. Remove the skin, it should come off easily. Brush the top with marinade again and grill for 4-7 minutes more, until the fish is tender at the thickest part. Flip it over and serve grilled side up. Roast chunks of red pepper on grill while cooking fish and serve as a garnish with the fish.

Preparation time: 1 hour for marinating, 10-15 minutes for grilling

Makes: 8 to 10 4-ounce servings