

Broiled Salmon

Salmon is so easy to make! Cut salmon filets into serving size pieces, about 2 or 3 or 4 inches in length. Rinse the filets and set on a plate, skin side down. Sprinkle granulated dried garlic on the salmon. You can use fresh garlic, but the granulated is easy and good. Granulated garlic is a lot bigger than garlic powder. But garlic powder will suffice too. Put the fish back in the fridge to marinate. It doesn't take long to marinate fish. Twenty minutes is sufficient. Spray cooking oil on a cookie sheet or broiling pan and warm it up in the oven, toaster oven or charcoal grill. Place the fish on the hot pan or grill, skin side down. Don't worry about the skin sticking to the pan. You won't be eating it anyway. Bake at 400 degrees or charcoal grill until the fish is pink inside, no longer reddish. There's no need to peel the skin off prior to serving as the meat comes away from the skin easily with a fork. Put a little pat of butter on the fish if you like; no more than 1 teaspoon per serving.

If you own a dog, you might be tempted to feed the skin to him or her. In theory there's nothing wrong with this. But be prepared for THE WORST DOG BREATH EVER! The skin is oily and it gets on the dog's face and whiskers. Blecccch! Be prepared for stinky dog kisses. Don't say I didn't warn you! That being said, it's okay to feed your dog the salmon without the skin.