

# Grilled Salmon Supreme

*The Well Traveled Fork*

## **Servings: 6**

*My Mom entered this recipe into a contest and won first prize so we know it is a winner! This recipe works beautifully with all types of salmon, especially Copper River Salmon when it is in season.*

## **Brine**

**1 1/2 cups water**

**1 cup brown sugar**

**4 Tablespoons kosher salt**

**1 Tablespoon fresh ginger, grated**

**2 bay leaves**

**2 teaspoons allspice, crushed**

**3 pounds salmon fillet with skin attached, 1" thick**

**1 Tablespoon honey**

**1/4 cup mild peppercorns, crushed**

To make the brine: In a medium saucepan, combine 1 1/2 cups of water, brown sugar, kosher salt, ginger, bay leaves and crushed allspice. Bring to a boil and stir to dissolve the sugar. Cool and set aside.

Rinse the salmon fillet with water and pat dry with a paper towel. Lay salmon skin side down in a glass baking pan (12x15) with sides. Pour the brine over the salmon and cover with plastic wrap. Place in the refrigerator for 4 to 6 hours or up to 24 hours. Occasionally spoon brine over the salmon.

When you are ready to cook the salmon, light a gas grill or use a charcoal grill, if desired. Soak wood chips such as hickory or Jack Daniels oak chips in warm water for 15 minutes or more, then drain and put in chip container and place in your grill (if applicable). At this time, take the crushed peppercorns and soak them in hot water for about 15 minutes.

Remove the salmon from the refrigerator and rinse the brine off the salmon and pat dry. Place the salmon on a large sheet of heavy duty aluminum foil. Curl up the edges of the foil to make a border around the salmon. Brush the salmon with the honey. Drain the peppercorns and sprinkle the cracked peppercorns over the honey glazed salmon.

Grill over medium low heat (covered) for 30 - 45 minutes. The cooked salmon

should be 140° at the thickest part. Sour cream dill sauce is a great accompaniment.

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Per Serving (excluding unknown items): 104 Calories; trace Fat (0.5% calories from fat); trace Protein; 27g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 3772mg Sodium. Exchanges: 0 Grain(Starch); 0 Vegetable; 0 Fat; 1 1/2 Other Carbohydrates.