



JUST 3 BOYZ SALMON

'Community Through Cooking'

BACKYARD TUNA COMPANY



JUST 3 BOYZ

SALMON

INGREDIENTS:

Salmon

- 16 oz salmon filet
- 3 sprigs rosemary
- 3 sprigs thyme
- 3 cloves garlic, minced
- ¼ stick butter
- lemons
- salt
- peppercorns, crushed
- tin foil

Asparagus

- asparagus
- parmesan cheese, shaved
- ¼ stick butter
- salt
- peppercorns, crushed

RECIPE:

Just three boys cooking fancy at a seaside campsite.

Traveled up the Washington coast this weekend with two buddies from high school and thought grilling some fresh salmon sounded like a nice change from the gas station snacks & candy. We kept the ingredients simple, so you don't have to pack the whole spice rack next time you're hiking & hungry. Let's begin.

First, prepare your salmon filet. Sprinkle the rosemary & thyme leaves over your fish and smear on a heavy helping of the minced garlic. Add some salt and pepper, too. Place your salmon on a sheet of tin foil with the skin facing down and cook over your campfire grill. Depending on how well-done you like your fish, this should take 12 to 15 minutes. During the last 5 minutes, drop in your stick of butter.

While the salmon is cooking you can start making your asparagus. Place each stalk on the grill, ideally in a saucepan, and spread the butter on top. Salt and pepper, then, allow to cook for 5 to 6 minutes.

When your salmon and asparagus are ready, plate the duo with a sprig of rosemary and sliced lemons on top. While the asparagus is still hot, add to it some shaved parmesan cheese.

And that's it. Quick, easy and sure to impress while out in the wilderness with your boyz. Enjoy!