

# Skye Salmon Louisiana Style

...on a foray to the northern Isles, Rick and I found ourselves arriving late to a B&B on Skye, and only a modest little pub was open for dinner. We ordered the owner's recommendation, fresh salmon, and tasted something so nearly perfect that we've been trying to recreate it ever since. Perfection requires the silvery midnight sun on Skye, but we can come close on a warm summer night in Louisiana.

By Teresa Bowles and Lillian Bridwell-Bowles

## ingredients:

- Fresh salmon filet (about 4-6 oz. per serving, or more if you have hungry people or teenagers). Go to a reputable seafood store (you know where they are or you can ask us) and tell the fishmonger how many people you intend to serve. They will give you good advice.
- Fresh lemons
- Dijon mustard
- Dill weed
- White wine (chardonnay or sauvignon blanc)
- Salt and pepper to taste

## directions:

- Line a pan with heavy-duty aluminum foil folded to retain liquid. Place the salmon filet skin-side down on the foil.
- Coat the top of the salmon with Dijon mustard and sprinkle liberally with dill weed.
- Top with lemon slices and lemon juice from fresh lemons.
- Add white wine and place it in refrigerator for an hour or two before grilling.
- Heat grille to medium heat (about 400 degrees).
- Lift salmon from pan, keeping it on the aluminum foil, and place the foil directly on the grille (this is why you use heavy-duty aluminum foil). Add a little salt and pepper at this point.
- Monitor the salmon for doneness—about 15 minutes, but given the variability of grilles, this is why you watch it. When it flakes apart it's done. Don't overcook it.
- Lift it from the grille, still on the aluminum foil, and place it on the freshly washed pan. You can garnish with parsley or other pretties, but our folks generally don't wait for this.