

Profanity Salmon back by popular demand!

It's hard to say where this salmon recipe got its name, but the website had a profanity filter so I guess they just called it Profanity Salmon. This is a very easy recipe and a good quick dinner.



Profanity Salmon Ingredients:

1/2 cup mayonnaise 3 tablespoons teriyaki sauce

1/4 teaspoon wasabi paste, or more to taste

1 (1 1/2 pound) salmon fillet salt and pepper to taste

1 green bell pepper, sliced

1 small onion, finely chopped

Preheat grill for high heat. In a small bowl, blend mayonnaise, teriyaki sauce, and wasabi paste.

Place salmon on a large piece of aluminum foil. Spread the mayonnaise mixture over the top of the fillet.

Top with green pepper and onion. Season with salt and pepper.

Fold the foil around the food and seal into a packet. Place fish on the preheated grill.

Cook for 10 to 15 minutes, or until the fish is easily flaked with a fork.

You can double the wasabi paste and it can use even more in my opinion. You can change the recipe a bit by using both green and red peppers and baby Vidalia onions, or substituting regular horseradish for the wasabi. Some people put the sauce mixture on the bottom as well as the top to give it a hard crust, almost but not quite burned. Don't use High heat on an infrared grill; maybe mid high.

Oven directions:

Preheat oven to 350°; instead of a foil pouch, place the salmon in a baking dish; bake for 15 minutes or until 135° internal temperature is reached