

Recipe: Salmon is LIFE



Ingredients:

- 1 1/2 lb salmon (at Costco – one package **not** frozen)
- 2 cloves garlic minced up small
- 3 T olive oil
- 1 tsp cayenne pepper
- 1 tsp regular pepper
- 1 sprinkle of salt (barely any)
- 1 12 oz can LIGHT beer

Warm the olive oil then add the garlic till it's brown

Heat oven to 350 degrees.

Cut salmon into 3 or 4 filets (depending on how many people eating and appetite).

In a 9x9 pan open up one delicious light beer and pour the rest into the pan.
Add the olive oil and garlic

Place the delicious salmon into the pan

Sprinkle some Cayenne pepper, regular pepper, a TAD bit of salt

Bake at 350 and look for the edges to start browning up (about 40 minutes – but keep an eye on it)

P.S. You can also prepare the same recipe on the grill. Just make a foil container with the edges up and place it on the top shelf of the BBQ.