Salmon Mousse

11oz Salmon
13oz Ricotta Cheese
1.5oz Lemon Juice
1/2 TBS Lime Zest
1 Lg Garlic Clove
1/4 tsp Salt
1/8 tsp Black Pepper

Lightly oil and salt salmon then place skin side up onto your grill (or George Foreman). Grill on high heat until fish is completely cooked and skin pulls away easily. It will make you salivate a little when you pull it off the grill. Don’t worry this is normal... Put cooked salmon into your food processor and break it down until the texture becomes creamy.

Add Ricotta to the salmon in the food processor, along with the lemon juice, lime zest, garlic, salt, and pepper and allow ingredients time to combine.

NOTE: If you have less salmon on hand the amount of ricotta you add is always 2oz more then the amount the fish weighs. So if it's 7oz of fish use 9oz of Ricotta.

Put the mousse in the freezer for 10min, to cool. After it cools you are all set to start adding it to your favorite dishes!