

# Greenhill lets creative juices flow with grilled salmon

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When Jonathan Greenhill, co founder of GoDeKalb.com, is not busy handling the technology and business side of this on-line newspaper you can find him cooking his favorite dishes for his friends. "Cooking is a creative outlet for me," said Greenhill, who has been working on the website for almost 3 years. "Also, it allows me to bring out that part of my nature that is hospitable and entertaining."

Greenhill, an Atlanta native, started cooking in restaurants in high school and college. During those years he prepared spaghetti sauce for the Mad Italian, a small chain of restaurants in the city. It was not until six years ago when his second child, Jacob, was born that Greenhill concentrated his efforts and began to perfect his skills. He says he uses no particular recipes or measurements. His creative meals come from inspiration from dining in various restaurants throughout Atlanta. In November, Greenhill participated in a fundraiser for his favorite charity debuting one of his most popular dishes – grilled salmon with cilantro lime butter sauce. This savory delicacy was expertly prepared at the Voila` Market Café, a European style restaurant in Decatur for their Chef du Jour events. "This dish is a strong favorite of my friends," said Greenhill. "I cook it once every few weeks or so."

Greenhill begins his preparations by finding the best salmon at either the international Farmers Market in Chamblee or the Dekalb county Farmers Market in Decatur. He purchases the full flat of salmon from head to tale. When selecting this high protein and Omega-3 fatty acid fish, he looks for a bright red to pink coloring with firm flesh. Also the salmon should have a fresh ocean smell not a fishy odor. When purchasing salmon keep in mind that salmon deteriorates quickly after leaving the ocean and should be cooked immediately or stored in the freezer for later usage. "Salmon is such a succulent kind of fish," said Greenhill. "Adding the lime gives it a nice tartness."

He adds that this dish is excellent with roasted golden potatoes. These potatoes have a light golden color and the size of a baseball. "They are less starchy than the typical white potatoes," said Greenhill. "The texture is also different having a waxy feel to it."

Preparing this dish was just the beginning for Greenhill; and his future plans are to add more cooking information to the GoDeKalb.com website and encourage others to submit recipes and cooking tips.

## Grilled Salmon with Cilantro Lime Butter Sauce

- 1 Salmon, flat with skin removed
- 1 pound of butter
- 6 to 7 fresh limes
- 3 garlic cloves
- 2 tablespoon of Dijon mustard
- 1 teaspoon of white sugar
- salt and pepper to taste
- 1 teaspoon Red pepper sauce or to taste
- 1 Bunch of fresh silantro

To prepare sauce put all ingredients in blender, except limes. Roll limes with palm of hand, then cut and squeeze juice into blender. Let the sauce set and congeal like jelly. Then pour some of the sauce on the salmon until room temperature. Let sit for about 20 minutes. Place salmon on grill. While cooking bass salmon with more sauce. Let salmon cook for about 10 minutes on both sides. Serve hot with rice pilaf or golden potatoes.