

BBQ GLAZED SALMON

This saucy glaze adds a sweet element to salmon--makes a perfect addition to rich-tasting fish.

by Jill Yarbrough, Test Kitchen Manager

Featured Food: salmon

Yield: Serves 6

Ingredients

¼ c. finely diced red onion ¾ t. curry powder
2 t. olive oil ¼ t. black pepper
1 T. + 2 t. red wine vinegar 6 (4-6 oz. each) salmon fillets (fresh or frozen)
¼ c. + 2 T. pancake syrup Salt and pepper to taste
1 T. tomato paste
1½ t. Worcestershire sauce

Preparation

In a saucepan, cook onions in olive oil for 2-3 minutes. Add vinegar; simmer for 5 minutes. Add syrup, tomato paste, Worcestershire sauce, curry powder, and black pepper. Simmer until sauce has a thick consistency, like BBQ sauce.

Season salmon with salt and pepper, then grill or bake until internal temperature reaches 125 to 130 degrees F (the fish will continue to cook after being removed from the heat). Brush salmon with glaze and serve.