

## 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.