
Grilled Salmon

Sherrie Gartside

Nettles Island Cooking in Paradise - 2014

skinless filleted salmon pieces to serve 4 to 6 people

4 tablespoons ketchup

3 tablespoons soy sauce

2 tablespoons brown sugar

1/2 to 2/3 stick butter

Feta cheese (for garnish)

Italian dressing (for garnish)

fresh basil (for garnish)

rice (for serving)

tomatoes (for serving)

In a saucepan, cook the ketchup, soy sauce, sugar and butter until the butter melts and the sugar is absorbed. Cool in the pan.

Lay the fish in a shallow pan and cover with the marinade. Coat all sides. Let set for 15 to 60 minutes, turning occasionally.

Grill on a hot grill. turning two to three times, until almost done. The salmon will begin to flake but will still look a little translucent. Do not overcook if you want moist, flavorful fish.

Serve with rice and tomatoes and sprinkle with Feta cheese and Italian dressing with fresh basil.

Seafood

Per Serving (excluding unknown items): 566 Calories; 46g Fat (70.9% calories from fat); 4g Protein; 39g Carbohydrate; 1g Dietary Fiber; 124mg Cholesterol; 4273mg Sodium. Exchanges: 1 Vegetable; 9 Fat; 2 Other Carbohydrates.