
Ron Benedet's Barbecue Salmon Filets

Perfect for barbecue lovers without a barbecue. The secret's in the sauce. Great served with parsley potatoes and a fresh green salad.

1	Salmon filet, about 1 ½ lbs/750g	1
2 Tbsp	butter, melted	30 mL
2 Tbsp	lemon juice	30 mL
2 Tbsp	tomato ketchup	30 mL
1 Tbsp	Worcestershire sauce	15 mL
2 Tbsp	minced onion	30 mL
1 Tbsp	brown sugar	15 mL
½ tsp	dry mustard	2 mL
1 tsp	salt	5 mL

Cut the salmon filet into four serving pieces and place on a greased, foil lined baking sheet. Mix together the rest of the ingredients, and heat gently in a saucepan and pour over the salmon. Place under a broiler, or on a well-oiled barbecue, and cook on one side only, allowing about 10 minutes per inch/2.5 cm thickness of fish.

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Serves: 4