

A recipe from

DAD'S CHILE COOKBOOK



Heat Rating:



Rich Peach-Glazed Salmon

If you're a fan of salmon, then you know it's rich taste can stand up to stronger flavors in the sauce than, say, trout. Here's a zesty treat for you then!

4 salmon steaks, 6 oz each

½ cup Texas Jalapeach Preserves (Fischer & Wieser), or similar

1 tsp light soy sauce

¼ tsp paprika or cayenne

⅛-¼ tsp ground ginger

2 large colored bell peppers, seeded, thinly sliced into strips

1 medium yellow onion, thinly sliced into strips

1 Tbsp light olive oil

kosher salt and freshly ground black pepper

Prepare broiler or grill for medium-high, direct heat. Place salmon on non-stick foil or non-stick spray coated broiler sheet. Blend preserves, soy, paprika and ginger in a small bowl, the brush liberally on fish. Place vegetable strips around fish, spreading out so they'll cook well; brush veggies with oil and then season.

Grill fish about 5 inches from heat for 10-12 minutes, or until it begins to flake with a fork. About half-way through, turn the veggies over and brush the fish again with more glaze. Serve with tossed salad, rice and a nice Liebfraumilch for a complete and healthy meal.

Got some other vegetable you prefer over peppers and onions? Go right ahead! Just be sure not to use something that takes longer than 10-15 minutes to cook; like say, baked potatoes. Fix them separately...

Yield: Four servings

Preparation time: 10 minutes

Cooking time: 12 minutes

