

Marinated Salmon Fillets

Don Young - Washington, DC

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*1 cup Heinz hot catsup
1/4 cup brown sugar
2 teaspoons salt
6 drops Tabasco sauce
6 tablespoons oil
1/4 cup vinegar
1 1/2 tablespoons minced
onions
1/2 teaspoon dry mustard
salmon fillets*

Preparation Time: 15 minutes

Bake Time: 15 minutes

In a saucepan, mix the catsup, brown sugar, salt, Tabasco, oil, vinegar, onions and mustard. Bring to a boil to blend the flavors . Allow to cool.

Marinate the salmon fillets for 10 minutes.

Place the fillets on a grill with the meaty side of the fillet down first. Cook for 5 to 8 minutes.

Turn the fish and finish grilling for 5 to 8 minutes with the skin side turned to the heat. Baste with the marinade as you grill.

Per Serving (excluding unknown items): 877 Calories; 82g Fat (81.9% calories from fat); trace Protein; 40g Carbohydrate; trace Dietary Fiber; 0mg Cholesterol; 4281mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 0 Vegetable; 16 1/2 Fat; 2 1/2 Other Carbohydrates.