

These are some of the sauces I use when I grill fish on the barbeque.

1) Salmon Glaze:

1 cube butter
3 tablespoons brown sugar
2 tablespoons minced garlic (you can modify this to your taste!)
3 tablespoons lemon juice

In a small saucepan, melt butter and lemon juice over low heat. Add garlic and sugar and stir in. Fresh garlic is best—if you use prepared garlic, you can modify the amount to suit your taste.

When grilling the salmon, I start with the skin up over high heat to sear the fillet. After a few minutes, I turn the fish over, add glaze, and turn the heat down to medium/low. The fish is done when a spatula will easily go all the way through the fish, even if it is still a little pink in the middle.

Do not overcook!!!!

2) Dill Sauce:

1 cube butter
3 tablespoons lemon juice
2 tablespoons minced garlic
2 tablespoons dry dill

In a small saucepan, melt butter and lemon juice over low heat. Add garlic and dill and stir in.

This sauce is good on both salmon and halibut!

3) Hollandaise Sauce:

½ cube butter
1 cup milk (2%, non-fat, or whole—your choice)
1 envelope prepared hollandaise sauce.

In a small saucepan, melt butter over low heat. When butter is melted, whisk in the contents of the prepared hollandaise sauce. As soon as that is blended smooth, add the cup of milk. Turn the heat up and stir constantly until the sauce thickens.

Note: I used to make the hollandaise sauce from scratch. I really can't taste the difference between that and the mix, and it is much easier to use the mix! The hollandaise is especially good on grilled halibut!

4) Salmon Marinade:

Cut and rinse the salmon fillets
Place them in a Ziploc with 1 Tbs pressed fresh garlic and 1 cup soy sauce. Marinade for at least an hour before grilling the fish, turning the bag occasionally.
Grill the fillets described above.