



Richard Romney  
BeCoolGrandpa.com

be cool  
grandpa

Inspired by, Bobby Flay

## Grilled Salmon with Honey Glaze and Tomato Relish

**Serves: 4**

**Prep time: 15 mins.**

**Skill level: easy**

**Cooking method:  
outdoor grill or oven**



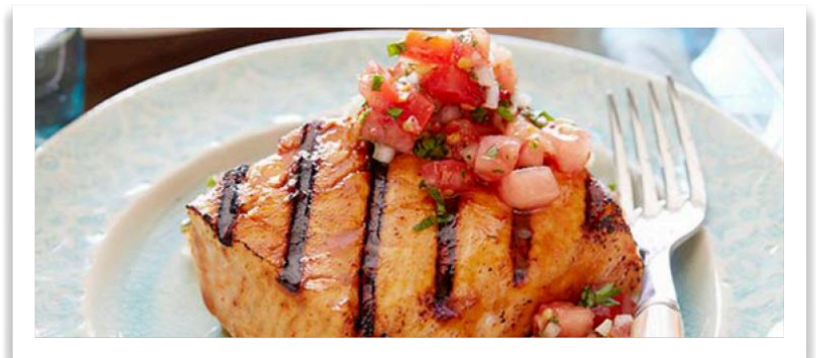
### ingredients:

#### Salmon

4 salmon fillets, 6 ounces each  
1 cup sherry vinegar  
2 tablespoons Dijon mustard  
1/4 cup honey  
1 tablespoon Worcestershire  
sauce  
1 tablespoon ancho chile powder  
Salt and freshly ground pepper, to taste

#### Spicy Tomato Relish

2 medium ripe tomatoes, chopped  
2 tablespoons finely diced Spanish onion  
2 tablespoons chopped parsley  
1 teaspoon red pepper flakes  
1/4 cup red wine vinegar  
1/4 cup olive oil  
Salt and freshly ground pepper, to taste





## instructions:

Step 1 - In small saucepan over high heat, reduce vinegar to 1/4 cup. In mixing bowl, combine vinegar syrup with mustard, honey, Worcestershire and ancho chile powder and season to taste with salt and pepper. Let rest 30 minutes. Preheat grill. Brush salmon with the glaze and grill 3 minutes on each side. Serve with Spicy Tomato Relish.

Step 2 - For the Spicy Tomato Relish: Combine all ingredients in a bowl and season with salt and pepper to taste. Serve at room temperature.



## grandpa's thoughts:

Winner, winner salmon dinner:) This is the best recipe for a quick salmon dinner. If you are serving it to someone who isn't a huge fan of salmon try this recipe and you will win them over. The tomato relish completes the dish.

It's fun a a Summer dish when you don't have a lot of time to cook something. My advice is to go to the store and get the ingredients and keep them around for when you are in the mood for some great salmon.