

Salmon Squares

[Doug Keiles of Ribs Within BBQ](#)

From the Yale Appliance + Lighting Chef Series

My favorite fish to cook on the grill is salmon. There is something about the high heat that kind of caramelizes the fat of the salmon that makes it so appealing to me. I have won a few contests with my salmon and it really is easy and delicious. Cooking salmon can be difficult because the whole fillet is big and difficult to flip or turn. So in my recipe we use small 1" to 2" chunks to make grilling easy and fast.

Instructions:

Start with 1-2 lbs of salmon fillets, and then remove the skin by pulling it off from the thick side like peeling a sticker off of a window.

Cut the fish into 1 inch by 2 inch chunks. I usually start by trimming off the thinnest part and then fish in half length wise, and finally cutting to the width I want.

1. After getting my pieces ready, I soak them in a cup of soy sauce with a little sugar (or Ribs Within Rub4All BBQ Rub) in a plastic bag for 15 minutes, no longer. Make sure you oil your grill grates before you put the fish on.
2. Remove the fish from the liquid and cook on a medium/high heat for 2-3 minutes per side, a total of 8-10 minutes. Use a set of bigger tongs to carefully turn each piece. Be careful not to squeeze the fish when turning.
3. After 8 minutes, paint the top with your favorite BBQ sauce or glaze – I like a garlic BBQ sauce for mine - and let it bake on for 2 minutes.
4. Remove the fish from the heat, and place on a tray to cool for 1 or 2 minutes.
5. Don't be surprised if the fish disappears really quickly, and you have to make more to feed your family and friends. It is really that good!