

## Betty's Grilled Salmon Steaks with Herb Butter



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In this video, Betty (with the help of her husband, Rick) demonstrates how to make Grilled Salmon Steaks with Herb Butter. These are thick salmon steaks, cooked on the outdoor grill. Rick and I are trying to do quite a bit of grilling outdoors while the weather is still nice. During the winter I will be using an electric kitchen grill or broiler pan in the oven (unless Rick volunteers to go outside in the cold to grill something!).

Ingredients:

- (4) 1-inch salmon steaks (We left the skin on, so that the flaky salmon would not fall apart when done. You may remove the skin before or after grilling, or serve the salmon with the skin on.)
- 1/4 cup butter, softened
- 1 tablespoon chopped fresh tarragon (You may use dried herbs for any of these herbs; just use 1/3 as much.)
- 1 tablespoon chopped fresh chives
- 1 1/2 teaspoons chopped fresh parsley
- 1 tablespoon Dijon mustard (You may substitute a different kind of prepared mustard here.)
- freshly ground black pepper, to taste
- 1 green onion, finely sliced

In a small bowl, combine 1 tablespoon chopped fresh tarragon, 1 tablespoon chopped fresh chives, 1 1/2 teaspoons chopped fresh parsley, 1 tablespoon Dijon mustard, some freshly ground black pepper, and 1 finely sliced green onion. Brush each of the 4 salmon steaks with the butter mixture, particularly on all parts with no skin. Grill salmon, uncovered, over 350 to 400 degree heat, until salmon flakes easily with a fork. This may take up to 8 minutes per side, but just watch carefully, testing for doneness. Brush any leftover herb butter on salmon as it cooks. This is an easy and healthy entrée. I served it with a Sauteed Bell Pepper Medley, Pumpkin Bread Muffins, some Sesame Brittle, and iced tea—all of which you will find in bettyskitchen. I hope you enjoy this healthy and hearty meal! --Betty ♥♥♥♥♥