
Debbie Dobrilla's Herb Mustard Salmon

Delicious Pacific salmon dressed up with a delicate herb mustard sauce. This dish is ideal for casual entertaining and takes only minutes to prepare in the microwave. Wonderful with a melange of garden vegetables.

4	Salmon steaks 1" thick (2.5 cm)	4
1	green onion, finely chopped	1
1 Tbsp	chopped fresh parsley or dill	15 mL
½ cup	dry white wine	125 mL
SAUCE		
2 Tbsp	butter	30 mL
2 Tbsp	Dijon mustard	30 mL
1 Tbsp	honey	15 mL
1 Tbsp	lemon juice	15 mL
1/2 Tsp	dried tarragon leaves	2 mL
2	green onions, very finely chopped	2
	freshly ground black pepper to taste	

Make sauce by melting butter in a small microwaveable bowl, at High (100%) for 20 to 30 seconds. Stir in remaining sauce ingredients until smooth. Set aside. Place salmon steaks in a single layer in a shallow microwaveable dish. Arrange thicker portions towards outer edges of the dish. Sprinkle with green onion and parsley or dill. Pour wine over and cover with vented plastic wrap. Microwave at High (100%) for 6 to 8 minutes or until salmon are opaque and flakes easily when tested with a fork. Rotate dish part way through cooking, if necessary. Let stand about 3 minutes. Place salmon steaks on individual plates and serve with sauce.

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Serves: 4