

Salmon Steaks With Mustard and Dill

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By Craig Claiborne | Time: 10 minutes | Yield: Six servings

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Ingredients

6 salmon steaks, each about 1/2 pound and 1/2-inch thick
5 tablespoons Dijon-style mustard
5 tablespoons freshly squeezed lemon juice
2 teaspoons finely minced garlic
1/2 teaspoon cayenne pepper
Salt to taste, if desired
4 large bay leaves, crumbled
1/2 cup corn, peanut or vegetable oil
Dill, for garnishing

Preparation

1. Pat the fish with paper towels and set aside in a dish.
2. Combine the mustard, lemon juice, garlic, cayenne, salt and crumbled bay leaves in a mixing bowl and blend. Pour this sauce over the fish steaks to coat thoroughly.
3. Heat the oil in a heavy skillet and add the fish steaks. The fish may have to be cooked in two or more steps, depending on the size of the skillet. Cook about two-and-one-half minutes on one side and turn the steaks. Partly cover and cook about two-and-one-half minutes on the second side. The cooking time will depend on the thickness of the fish pieces.
4. Garnish with dill and serve.

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