

## **SALMON STEAKS WITH DILL**

### **Equipment:**

Measuring Spoons

Measuring Cup

1 Qt. Glass or Microwave safe plastic bowl with cover

Wooden Spoon or High Temp Rubber Spatula

### **Ingredients:**

1/2 cup thinly sliced celery 125 ml

2 tbsp butter or margarine melted  
, 25ml

1/4 cup white wine 50 ml

1/2 tsp dill weed 2ml

1/4 tsp salt 1 ml

1/4 tsp pepper 1ml

4 salmon steaks 1" thick (2 cm) (8 oz. ea.) (220 g ea.) 4

### **Procedure:**

1. In an oblong baking dish, combine celery, butter, wine, dill weed, salt and pepper.
2. Arrange salmon in dish; with thickest portions towards edge of dish.
3. Spoon sauce over each steak.
4. Cover.
5. Heat at **P7** 7 - 10 minutes.
6. **To Complete:** Let stand, covered, 3 minutes before serving.

### **Chefs Tip:**

Most fresh herbs could be substituted for different flavors