

Baked Salmon Steaks

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Hearty and tender salmon steaks are served with a delicate red wine sauce for a delicious and healthy meal perfect for entertaining guests or feeding a hungry family.

Serve the succulent salmon steaks along side a baked potato for a lighter dinner, or with a fresh salad and a glass of white wine for a memorable summer meal.

Ingredients:

2 pk frozen salmon steaks (12oz)
1/8 ts ground pepper
1/2 c dry red wine
2 tb lemon juice
1/2 ts cornstarch
1 ts salt
1 tb melted butter
1/4 c finely chopped onion
1 tb cold water
1/2 c seedless green grapes

Directions:

1. Heat oven to 475F.
2. Place frozen salmon steaks in buttered baking dish. Sprinkle with salt and pepper and brush with melted butter. Bake uncovered for 15 minutes.
3. In small saucepan combine wine, onion, and lemon juice. Bring to a boil, and then reduce heat. Simmer uncovered for 5 minutes.
4. In small bowl combine water and cornstarch and mix to combine. Add to wine sauce, stirring slowly. Bring back to boiling, and boil for 1 minute, stirring constantly.
5. Stir in grapes.
6. Spoon sauce over salmon and bake uncovered for an additional 5 minutes. Serve immediately.

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