



Grilled Boneless Salmon Steaks with Horseradish Dill Butter

 Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



255 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 teaspoon pepper black
- ☐ 2 tablespoons optional: dill fresh finely chopped
- ☐ 0.5 cup horseradish drained (from a 6-ounce jar)
- ☐ 1 tablespoons olive oil
- ☐ 4 inch salmon steaks wild (preferably)
- ☐ 1 teaspoon salt
- ☐ 1 tablespoon shallots finely chopped

☐ 0.5 cup butter unsalted softened

Equipment

☐ bowl

☐ grill

☐ wax paper

☐ spatula

☐ grill pan

☐ cutting board

☐ kitchen twine

Directions

☐ Stir together butter, horseradish, dill, shallot, 1/4 teaspoon salt, and 1/4 teaspoon pepper in a bowl with a rubber spatula until combined well.

☐ Transfer butter to a sheet of parchment or wax paper and roll into a 1-inch-thick cylinder. Twist ends of parchment to close, then chill until firm, about 20 minutes.

☐ Prepare grill for direct-heat cooking over medium-hot charcoal.

☐ Put salmon steaks on a cutting board with tail-like flaps nearest you. Halve 1 steak lengthwise by cutting along each side of large center bone.

☐ Remove and discard bones (you will end up with 2 thin pieces of fillet). Flip 1 piece over, turning it so rounded thicker portion is nearest you. Push halves together to create a yin-yang presentation, wrapping tail-like flaps around outside of steak. Wrap a piece of kitchen string around outside of steak, going around once or twice, and tie ends.

☐ Brush salmon on both sides with oil, then sprinkle with remaining 3/4 teaspoon salt and 1/2 teaspoon pepper.

☐ Oil grill rack, then grill salmon, covered only if using a gas grill, turning over once and if necessary moving to area with no coals underneath to avoid flare-ups, until just cooked through, 6 to 8 minutes total.

☐ Serve each fish steak topped with a slice of horseradish butter.

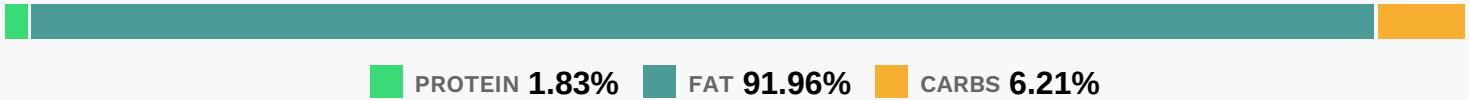
☐ •If you aren't able to grill outdoors, salmon can be cooked in a hot lightly oiled well-seasoned large (2-burner) ridged grill pan over moderate heat. •Boneless steaks can be formed 12 hours ahead and chilled, covered. Bring to room temperature before grilling. •Butter can be chilled,

wrapped well, up to 1 week or frozen up to 1 month.

☐

Let soften slightly before using.

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:0.99, Inflammation Score:-5, Nutrition Score:3.6243477956108%

Flavonoids

Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 255.22kcal (12.76%), Fat: 26.9g (41.38%), Saturated Fat: 15.12g (94.48%), Carbohydrates: 4.08g (1.36%), Net Carbohydrates: 2.91g (1.06%), Sugar: 2.61g (2.9%), Cholesterol: 62.4mg (20.8%), Sodium: 712.18mg (30.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.21g (2.42%), Vitamin A: 728.29IU (14.57%), Vitamin C: 7.84mg (9.5%), Vitamin E: 1.17mg (7.8%), Folate: 19.8µg (4.95%), Manganese: 0.1mg (4.92%), Vitamin K: 5.12µg (4.87%), Fiber: 1.17g (4.68%), Potassium: 108.02mg (3.09%), Selenium: 2.1µg (3%), Vitamin D: 0.43µg (2.84%), Calcium: 27.31mg (2.73%), Vitamin B6: 0.05mg (2.68%), Magnesium: 10.7mg (2.67%), Phosphorus: 23.41mg (2.34%), Vitamin B12: 0.13µg (2.15%), Zinc: 0.31mg (2.06%), Copper: 0.04mg (1.81%), Vitamin B3: 0.34mg (1.7%), Vitamin B2: 0.03mg (1.66%), Iron: 0.26mg (1.42%), Vitamin B5: 0.11mg (1.15%)