

# Grilled Salmon in Mustard Cream Sauce

Serves 6

With this recipe you can use anything from cod, halibut, and haddock to fresh tuna, swordfish, and salmon.

## Ingredients

- 1-½ pounds fish steaks or thick pieces of filleted fish
- Salt to taste
- 2 tsp freshly ground black pepper
- ½ tsp ground turmeric
- ¼ tsp cayenne pepper
- 1 tsp store-bought garam masala
- 3 tbsp melted butter or Canola oil
- 1 tbsp grainy mustard
- ¼ cup heavy whipping cream
- Lemon wedges

## Instructions

1. Spread out the fish and sprinkle adequately on both sides with salt and then with the black pepper, turmeric, cayenne, and garam masala. Pat the spices in and set aside for 15 minutes.
2. Preheat the grill or broiler (on high).
3. Dribble half the melted butter or oil over one side of the fish pieces.
4. Grill them about 4 inches from the heat source for 2 to 3 minutes or until they are just starting to brown.
5. Mix the mustard and cream and brush the fish with half of the mixture.
6. Grill for another 2 minutes or so until the fish is golden brown.
7. Turn the pieces over and repeat the process, first with a brushing of butter or oil and then with the remaining mustard and-cream mixture.
8. Serve hot with the lemon wedges.



**Camano Culinary Creations**

848 Holbeck Drive,  
Camano Island, WA 98282  
(360) 387-1422

[Camano-Culinary-Creations.com](http://Camano-Culinary-Creations.com)