
Salmon Steaks with Mango and Sweet Pepper Butter

*The Vroom Family (owners) - The Flying Bridge Restaurant - Osprey, FL
Sarasota`s Chef Du Jour - 1992*

Servings: 2

2 salmon steaks
paprika
8 ounces sweet butter
6 ounces mango
2 ounces sweet pepper
2 ounces yellow pepper
1 ounce chopped scallion tops
1 teaspoon white pepper

Make the butter: In a bowl, whip the sweet butter. Fold in the mango, sweet pepper, yellow pepper, scallion tops and white pepper.

Place the butter on plastic wrap. Roll into a log. Twist the ends to seal. Chill.

Lightly season the salmon steaks with paprika.

Place in the oven and cook until desired doneness.

Pat the salmon steaks with the mango butter a few minutes before the salmon is finished cooking.

Condiments, Sauces

Per Serving (excluding unknown items): 252 Calories; 6g Fat (22.1% calories from fat); 35g Protein; 14g Carbohydrate; 2g Dietary Fiber; 88mg Cholesterol; 116mg Sodium. Exchanges: 0 Grain(Starch); 5 Lean Meat; 1/2 Vegetable; 1/2 Fruit; 0 Fat.