

PAN SEARED SALMON With Sour Cream & Dill

INGREDIENTS

- 2 T Extra Virgin Olive Oil
- 4 Salmon Fillets (pin bones removed)
- Salt & pepper (to taste)
- 1 pint Sour Cream
- 2 Dill (bunches) (chopped)
- 2 Lemons (need just the juice)
- 1 Shallot (minced)
- Red pepper flakes (a pinch)
- 3 T Horseradish
- Parsley (optional)
- Asparagus (optional)



DIRECTIONS

- 1 Coat a large skillet with olive oil & place over medium heat.
- 2 When hot, add fillets to the pan skin side down & season with salt & pepper.
- 3 Cook for 5 minutes until the skin is nice && brown.
- 4 Turn the fish over & cook for 3 minutes on the other side.
- 5 Keep warm while preparing sauce.
- 6 In a small bowl, whisk together sour cream, dill, lemon juice, shallot, red pepper flakes & horseradish.
- 7 Season with salt & pepper
- 8 Add the sauce to the pan-seared salmon
- 9 If wanted, add some parsley to the salmon.

NOTES

It makes a lovely dish to place seasoned baked asparagus on a serving dish & then add the salmon with sauce on top.



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