PAN SEARED SALMON With Sour Cream & Dill

INGREDIENTS

2T Extra \	/irgin	Olive	Oil
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4 Salmon Fillets (pin bones removed)

Salt & pepper (to taste)

1 pint Sour Cream

Dill (bunches) (chopped)Lemons (need just the juice)

1 Shallot (minced)

Red pepper flakes (a pinch)

3 T Horseradish

Parsley (optional)
Asparagus (optional)



DIRECTIONS

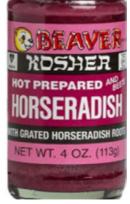
- 1 Coat a large skilled with olive oil & place over medium heat.
- When hot, add fillets to the pan skin side down & season with salt & pepper.
- 3 Cook for 5 minutes until the skin is nice && brown.
- 4 Turn the fish over & cook for 3 minutes on the other side.
- **5** Keep warm while preparing sauce.
- In a small bowl, whisk together sour cream, dil, 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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