

SAVANNAH BLUE'S

PAN SEARED SALMON WITH YUKON GOLDS AND CRABMEAT

Recipe Courtesy: Chef Joi Agnew from Savannah Blue

Ingredients

- 8 oz salmon
- 1/4 cup of crabmeat
- 3 halves of cherry tomatoes
- quarter oz of scallions
- 1 cup of Yukon mashed

Prepare 1 cup of Yukon gold mashed seasoned with Tt salt, 1t pepper, 1T butter, quarter oz heavy cream and quarter oz sour cream

Warm skillet

Lightly salt, pepper and oil salmon. Place in hot skillet until salmon browns, about 6-8 min

Place crabmeat, tomatoes and scallions in lightly buttered pan (1t butter). Let ingredients simmer for about 3-5 minutes then place on top of salmon
Garnish with a quarter oz of grated parmesan cheese

Total time...15-20 min dish.