

Pan Roasted Salmon



Recipe for: *Pan-Roasted Salmon with a Creamy Black Bean and Corn Succotash*

From the kitchen of: *The Common Man Merrimack*

Ingredients

4 each 6oz pieces of salmon

4 oz sweet corn

1/4 cup creamed corn

1 Tbsp. chopped scallions

2 Tbsp. white onion (small diced)

1/4 cup chopped cooked bacon

1/2 cup heavy cream

1/4 cup cooked black beans

1 pinch brown sugar

salt and pepper

Directions:

Heat large sauté pan with oil. Pre-season the salmon with salt and pepper.

Place salmon in pan and caramelize on one side, then flip to other side. Place

pan in a 375 degree oven for about 10 minutes until the salmon is cooked

through. Heat another large sauté pan over medium heat and cook onion in

a little bit of oil for about five minutes. Add the remainder of the ingredients

and cook for 6-8 minutes until the cream has reduced to a

sauce consistency. Season with salt and pepper

and serve over salmon.

