

Sweet Potato Crusted Salmon

Ingredients:

Sweet Potato Crusted Salmon

1. 1 cup flour
2. ½ sweet potato peeled and shredded
3. 4 eggs lightly beaten
4. 1 tsp Worcestershire sauce
5. 3 splashes tabasco hot sauce
6. 1 tbsp. kosher salt
7. 2 6-oz salmon fillets
8. Salt
9. Pepper

Smoked Gouda Cream Sauce

1. ½ tbsp. of minced garlic
2. ½ cup Chablis white wine
3. 16 oz heavy cream
4. 1 cup grated smoked Gouda cheese

Instructions:

1. First Preheat oven to 350 degrees.
2. Next take the beaten egg mixture and add the Worcestershire sauce and the tabasco and mix well.
3. Next set up a breading station with the flour in a bowl, egg mixture in a bowl and the shredded sweet potato in a bowl.
4. Take the salmon and place in the flour first and coat all sides of the fish, then place the salmon in the egg wash mixture and make sure it is coated with egg. Then place on the sweet potato and press on it to get the sweet potato to stick. Place the coated salmon in the fridge for 20-30 minutes.
5. Over medium high heat with a medium sauté pan, pour the oil in the pan. Once the pan has heated up, place the salmon with skin side up in the sauté pan and cook on both sides for 2-4 minutes each side. Until golden brown.
6. Place salmon in a sprayed baking dish and bake for about 10 minutes or once the fish is cooked through out.
7. In a small sauce pan, over medium high heat, once it is hot, place garlic and white wine in the pan and reduce by half. Next add the heavy cream. Once heavy cream comes to a boil add the shredded gouda cheese to melt in the cream mixture. Once the cheese is melted and the sauce is thick take off the heat.
8. Place salmon on desired plate and pour 6 oz of the cream sauce over the top