
Salmon with Crab Sauce

1½ lbs	salmon filet, skin on, cut into 4 pieces	750 g
2 tsp	lemon pepper, divided	10 mL
2 Tbsp	butter	25 mL
2 Tbsp	flour	25 mL
2 cups	homogenized milk	500 mL
4 oz	light cream cheese, cubed	125 g
1	lemon juice and zest only	1
1	green onion, thinly sliced	1
1	can (4½ oz /128 mL) crab meat or ¼ lb fresh crab meat	1

1. Season salmon with 1 tsp (5 mL) of the lemon pepper, set aside.
2. Melt butter in a saucepan over medium-low heat. Stir in the flour and let cook, bubbling gently, for 1 minute. Gradually whisk in milk and add remaining 1 tsp (5 mL) lemon pepper. Cook, stirring often, until sauce has thickened, about 12 minutes.
3. Remove sauce from heat. Whisk in cream cheese until melted. Stir in lemon juice, zest, green onions and crab (with juices if using tinned).
4. Keep sauce warm over very low heat, stirring occasionally.
5. Broil or pan-fry seasoned salmon for 3-5 minutes per side until salmon just flakes when pressed with a fork. Or, to barbecue, place salmon skin side down on a oiled grill and cook, covered, for 10 minutes or until salmon just flakes when pressed with a fork. Top with crab sauce.

Preparation time: 5 minutes

Cooking time: 30 minutes

Serves: 4