

# Cut Out + Keep

## Salmon Pie

The Muffin Tin Cookbook

<http://www.cutoutandkeep.net/projects/salmon-pie> • Posted by FW Media

### You will need

- [0.25 tsp Salt](#)
- [0.5 cup frozen Peas , thawed](#)
- [0.5 cup Green Beans , cut into 1" pieces and blanched \(or use frozen beans that have been thawed\)](#)
- [6 ounce Salmon fillet, cooked and then broken or flaked into small pieces](#)
- [1 tbsp chopped fresh Parsley](#)
- [1 14.5-ounce can stewed Tomatoes](#)
- [0.25 cup White Wine](#)
- [2 tbsp Wondra Flour](#)
- [1 tbsp Butter](#)
- [0.5 small Onion , chopped](#)
- [1 can Crescent Roll dough \(8 pieces\)](#)
- [0.25 tsp Pepper](#)
- [1/8 teaspoon Paprika](#)
- [0.25 cup shredded good quality sharp white Cheddar Cheese](#)
- [0.25 tsp Celery Salt](#)

### Project Budget

Reasonably Priced

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### Time

1 h 00

### Difficulty

Nice & Simple

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## Description

This dish is based on a recipe the Asa Ransom House in Clarence, New York, used to serve, called Salmon Pond Pie. It's like a salmon potpie. Calories 412 calories Fat 22 grams Protein 18 grams Sodium 860 mg Carbohydrates 35.7 grams Sugars 7.1 grams Fibre 3.1 grams Makes 4 Jumbo

## Instructions

1. Preheat oven to 400°F and prepare 4 jumbo muffin cups.
2. Open the tube of crescent rolls. Press 2 triangles together to form a solid rectangle. Continue until you have 4 rectangles.
3. Place each rectangle in a muffin cup, and press it down to the bottom and press the sides around so they cover the inside of the cup.
4. Cook onion and butter in a large skillet over medium high heat until onion is translucent.
5. Stir in flour and cook for 30 seconds.
6. Add tomatoes and cook, stirring, breaking them up into small pieces.
7. Add wine and cook until thickened and tomatoes are softened and broken up.
8. Add remaining ingredients, stirring until combined.
9. Divide among muffin cups and bake for about 20 minutes until crescent dough is golden.