

# Everything Bagel Crusted Salmon

## on Caper and Egg Salad Toast

BY PAM SMITH, RDN

### Serves 4

Multigrain baguette, bias cut lengthwise into long slices, ½ inch thickness

2 tablespoons extra virgin olive oil

1/2 teaspoons Creole seasoning

Four 5 oz. fillets of Kvarøy Arctic Salmon

2 tablespoons stone ground Dijon mustard

½ cup Everything Bagel Blend, recipe follows

Caper and Egg Salad, recipe follows

Fresh dill or flat leaf parsley for garnish, if desired

Lemon wedges for garnish, if desired

½ cup cherry or grape tomatoes, halved

½ cup baby or seedless cucumber, bias sliced

½ cup radishes, halved and thinly sliced

Lemon and Fresh Herb Vinaigrette, recipe follows

#### Method

- Preheat oven to 400 degrees.
- Spray oven-proof pan or cast iron skillet with nonstick spray, heat over medium high heat. Brush baguette planks with 1 tablespoon olive oil and sprinkle with ½ teaspoon Creole seasoning. When pan is hot, add planks to pan; toast on one side until edges begin to brown, and flip to toast on that that side as well. Remove from pan and wipe clean.
- Bring pan back to high heat; add remaining extra-virgin olive oil and swirl to cover pan. Season salmon fillets with 1 teaspoon Creole seasoning.

- When pan is sizzling hot, add fish and cook until golden on bottom side – about 2 minutes. Gently turn fish with flat spatula, and evenly brush each fillet with ½ tablespoon stone ground Dijon mustard.
- Sprinkle or lightly pat fish with Everything Bagel Blend, and place skillet in hot oven until fish is cooked through to 145° F.
- While salmon is finishing in oven, place toasts on plate, and spread with Caper and Egg Salad. Top with salmon and garnish with dill or parsley and lemon wedges for garnish. Toss tomatoes, cucumbers, and radishes with Lemon and Fresh Herb Vinaigrette, and serve to side of the salmon, caper and egg salad toast.

### Everything Bagel Blend

- ¼ cup sesame seeds (ideally a mixture of both white and black sesame seeds)
- 2 tablespoons dried minced garlic flakes
- 2 tablespoons dried minced onion flakes
- 2 tablespoons poppy seeds
- 1 tablespoon Kosher salt (my favorite is Diamond Crystal)

### Method

Mix all ingredients together and store in an airtight container.

### Caper and Egg Salad

- 8 large eggs, hard-boiled, peeled and chopped
- ¼ cup of your favorite mayonnaise
- 2 tablespoons stone ground Dijon mustard
- 3 tablespoons diced red onion
- 2 tablespoons capers, rinsed and chopped
- 1 tablespoon fresh dill, chopped
- 1 teaspoon of your favorite hot sauce, or to taste
- 1 teaspoon Creole seasoning, or kosher salt and black pepper to taste

### Method

Combine all the ingredients in a bowl and gently stir together. Keep mixture covered tightly in the refrigerator until ready to use.

- **Lemon and Fresh Herb Vinaigrette**
- 2/3 cup white balsamic or rice wine vinegar
- 1/4 cup fresh orange juice
- 2 tablespoons fresh lemon juice
- 1 tablespoon Dijon mustard
- 1 tablespoon honey
- 1 teaspoon Creole seasoning, or kosher salt and black pepper to taste
- 2 tablespoons finely chopped fresh dill or fresh herb of choice (flat leaf parsley, chives, thyme)
- 2 tablespoons extra virgin olive oil
- Additional Creole seasoning or kosher salt, as needed

### Method

Whisk together vinegar, citrus juices, mustard, honey, seasoning, and herbs. Drizzle in olive oil, while continuing to whisk to emulsify. Season to taste.