

Salmon Cakes Benedict

BY PAM SMITH, RDN

Serves 4

2 cups cooked Kvarøy Arctic salmon, flaked
½ cup finely chopped green onion
¼ cup finely diced shallot or sweet onion
¼ cup finely diced red pepper
½ cup finely diced celery 1 ear sweet corn, cut fresh from cob (about ½ cup)
3 tablespoons Dijon mustard Juice of one lime
2 tablespoons fresh chopped cilantro ½ tablespoon of your favorite hot sauce
7 ounces of your favorite mayonnaise
1 ½ teaspoons Creole seasoning, or kosher salt and black pepper, to taste, plus more for garnish ⅔ cup plus 1 cup Panko breadcrumbs, for dusting cakes
1 large whole egg, plus one egg white, lightly beaten
1 tablespoon extra virgin olive oil
Poached eggs, recipe follows
1 teaspoon finely grated lemon zest, Meyer lemon if available
3 tablespoons fresh lemon juice, Meyer lemon if available
½ tablespoon capers, rinsed and chopped
2 tablespoons dill or flat leaf parsley, finely chopped Perfect Poached Egg, recipe follows
¼ cup dill or parsley sprigs, and lemon wedges, for garnish



Method

- Combine salmon, onions, red pepper, celery, corn, 2 tablespoons mustard, lime juice, cilantro, hot sauce, 1/3 cup mayonnaise, 1/2 teaspoon of Creole seasoning, and 2/3 cup Panko. Taste and adjust seasoning; add eggs and mix until incorporated.
- Form mixture into eight balls. Roll salmon balls in remaining breadcrumbs; flatten into cakes about 1/4-inch thick.
- Heat a large nonstick skillet over medium-high heat; add olive oil and swirl to coat bottom of pan. Add salmon cakes and brown for 3-4 minutes per side or until golden brown. You may also sear on one side, flip, and then place in a 400° F oven until done.
- While salmon cakes are finishing, mix together 1/2 cup mayonnaise, remaining 1 tablespoon mustard, lemon zest and juice, capers, 1 teaspoon Creole seasoning, and chopped dill or parsley. Add water as needed to thin to a drizzling consistency.
- When ready to serve, plate Salmon Cakes, each topped with a poached egg. Drizzle sauce on poached egg and sprinkle with Creole seasoning, or salt and pepper. Garnish plate with dill or parsley sprigs and lemon wedges.

Perfect Poached Egg

Water

1 teaspoon kosher salt

2 teaspoons white vinegar

1 whole egg

Method

- Add enough water to come 1-2 inches up the side of a narrow, deep 2-quart sauce pot. Add kosher salt and white vinegar and bring to a simmer over medium heat.
- Meanwhile, crack 1 very fresh cold large egg into a custard cup or small ramekin. Use the handle of a spatula or spoon to quickly stir the water in one direction until it's all smoothly spinning around. TIP: Use this whirlpool method when poaching a single serving (one or two eggs). For a batch of 3-4 eggs, heat the water, salt and vinegar in a 12-inch nonstick skillet and do not stir.
- Carefully drop the egg into the center of the whirlpool. The swirling water will help prevent the white from "feathering," or spreading out in the pan.

- Turn off the heat, cover the pan and set your timer for 4 minutes. Don't disturb the egg in that time – no peeking or poking.
- Remove the egg with a slotted spoon and serve immediately. Alternatively, move the egg to an ice bath and refrigerate, covered, up to 8 hours. Reheat in warm water just before serving.