



BRISTOL BAY
SOCKEYE SALMON

BAGEL AVOCADO TOAST WITH EVERYTHING- SPICED SOCKEYE

Make your own everything bagel seasoning and use it as a coating to pan sear salmon for a unique breakfast sandwich alternative. This would also make a delicious light lunch.

SERVINGS: 4

COOK TIME: 20 MINS.

Ingredients:

- 3 tablespoons sesame seeds
- 3 tablespoons poppy seeds
- 1 tablespoon dried minced onion
- 2 teaspoons dried minced garlic
- 1 teaspoon coarse or flaked salt
- 1 egg white
- 2 tablespoons cornstarch
- 4 (4-ounce) sockeye salmon fillets, preferably cut from the thinner tail end
- 2 tablespoons olive oil
- 2 plain or onion bagels, halved and toasted
- 1 avocado, seeded, sliced, and scooped
- 2 small lemons, quartered
- Salt and pepper, to taste
- 8 slices tomato
- 4 slices red onion
- 4 teaspoons capers
- 1 tablespoon chopped parsley, for garnish

Directions:

- 1** In a bowl, stir together the sesame seeds, poppy seeds, dried onion, dried garlic and salt.

In a small bowl with a fork, stir the egg white and cornstarch together until smooth. Brush the skinless sides of the salmon fillets with the egg-white mixture. Spread the seeds on a plate. Press the skinless side of salmon fillets into the seeds to coat them.
- 2** In a large nonstick frying pan over medium heat, heat the oil. Cook the salmon, seed-side down, for 1 to 2 minutes, or until golden brown. The seeds brown quickly, so check after 1 minute. Turn and cook on the other side for 2 to 3 minutes, or until a thermometer inserted into the thickest part of the salmon registers 125F. The exact time will vary according to the thickness of the fillets. Transfer the cooked salmon to a plate and cover loosely with foil while you prepare the bagels. The salmon will continue to cook as it rests.
- 3** On a cutting board, spread the toasted bagel halves. Top with the avocado slices. Mash them with a fork or leave them in slices. Sprinkle with lemon juice, salt and pepper. Top each bagel half with 2 tomato slices.
- 4** Place the cooked salmon pieces on top of each bagel. Top with the onion slices, capers and parsley and serve with the remaining lemon wedges.
- 5**

**Find more delicious wild sockeye salmon recipes at
www.bristolbaysockeye.org.**