



Everything Bagel Salmon

Recipe By UNICOI PRESERVES

SERVES: 6-8

INGREDIENTS:

- 1½ – 1¾ lb. wild sockeye salmon fillet, defrosted
- Laura Lynn Dijon mustard
- everything bagel spice mix
- ¾ tsp. turbinado sugar
- 2 cedar planks*, soaked for at least 30 minutes (*Ingles Meat Dept.)
- Laura Lynn aluminum foil

FOR SERVING:

- Ingles bakery bagels
- Laura Lynn cream cheese
- lemon slices
- Harvest Farms Organic arugula

DIRECTIONS:

- 1. Preheat oven to 400°F.
- 2. Line a baking sheet with aluminum foil. Place cedar planks on the baking sheet.
- 3. Place the salmon fillet, skin side down, on the cedar planks, then brush the flesh side of the fish with Dijon mustard.
- 4. Sprinkle salmon generously with bagel spice, and turbinated sugar.
- 5. Bake for 15 minutes or until desired doneness.
- 6. Alternately, grill at 400°F, using same preparation and cooking instructions.
- 7. Serve with bagels, cream cheese, lemon slices, and arugula.

To defrost frozen fish, remove seafood from all packaging, and place in a covered container, then thaw in refrigerator. Preheated 400° oven 8-10 minutes.

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