

Xaxli'p Salmon (Seaweed Crusted Salmon Fillets)

4 Coho salmon fillets (each 4 oz/120 g), skin on

½ tsp (2.5 mL) crushed black peppercorns

½ tsp (2.5 mL) smoked paprika

½ tsp (2.5 mL) smoked salt

Crust:

1 cup (250 mL) crushed Kellogg's All-Bran Flakes Cereal

2 Tbsp (30 mL) dried North West Coast seaweed, chopped fine (preferably purple laver)

1 Tbsp (15 ml) pine nuts, roasted and chopped

zest of 1 lemon

¹/₄Tbsp (4 mL) coarse salt

Glaze:

2 egg whites

2 Tbsp (30 mL) butter, melted

2 tsp (10 mL) Dijon mustard

1 Tbsp (15 mL) maple syrup

Optional: sprig of fresh cedar and/or sea asparagus for garnishing

Preheat oven to 350F.

Season the salmon with the pepper, paprika, and salt on a parchment paper lined baking sheet or cast iron pan and let stand for 30 minutes.

In a blender, combine the All-Bran, seaweed, and nuts. Pulse a couple of times. Add the lemon zest and coarse alt.

Prepare the glaze for the salmon by whisking together the egg whites, mustard, butter and maple syrup, in a small bowl. Brush glaze over the top of each piece of salmon.

Evenly coat the top of each salmon fillet with the seaweed crust.

Bake fish for 10 to 15 minutes, depending on the thickness of the fillets. (A good rule of thumb is to bake for 8 minutes per inch of thickness at the thickest part of the fish.)

Serve hot with a garnish of fresh cedar.