



BITE by BITE
 Conquering My Culinary
 Bucket List One Dish at a Time
 By Emily Banks Wooten

“The differences between a tart, a pie and a quiche are a blur.”

- YOTAM OTTOLENGHI

Try Everything Smoked Salmon Tart

... it riffs on bagels, lox, cream cheese



There's a recipe called "Everything Smoked Salmon Tart" that I've had my eye on for a while. I recently had the opportunity to prepare it and it ended up being quite the hit. We were invited to join some friends for drinks and snacks and had just received a box of smoked sockeye salmon for Christmas from a family friend. The salmon is caught wild, hand-filleted and alderwood-smoked at the Seabear Smokehouse in Anacortes, Wash.

This particular dish is actually a riff on the popular Jewish snack of bagels, lox and cream cheese. Instead of bagels though, everything is composed on a sheet of puff pastry that's been pre-baked with some everything bagel seasoning around the perimeter. After that's cooled, you carefully spread whipped cream cheese over it, add your salmon and then garnish it with pickled onions, capers, fresh dill and lemon juice. I knew that it would make a beautiful presentation but I had no idea just how good it would taste. Our friends had a fit over it and all asked for the recipe. Even Hubby liked it and he is not a big cream cheese fan.

“True friends are great riches.”

- UNKNOWN

It was actually very simple to put together. Of course, I already had a jar of pickled onions in my fridge. If you don't, then it will take a little bit longer, although pickling the onions is also quite easy. I'm including the recipe for the tart, as well as the recipe I use for pickled onions. Keep in mind, however, that this recipe for pickled onions is not set in stone and can easily be tweaked depending on what fresh herbs you have on hand. If it calls for an herb you don't have, don't fret. Just use whatever you have. I've also discovered over time that the proportions are very flexible and not something you have to be a stickler about.

I encourage you to start pickling onions. I think you'll find that they're good to have on hand as they are a great addition to numerous dishes and also good just to munch on their own as a snack. If you are a fan of these components, please try the tart. You'll be tickled at how easily it comes together, as well as what a showstopper it is. One tip I'd recommend, however. I baked the puff pastry early in the day and then waited until right before we headed to our friends to add the toppings because I didn't want to take a chance on it getting soggy.

Here's to a happy and healthy new year for us all! ■

“Don't live the same year 75 times and call it a life.”

- ROBIN SHARMA



Everything Smoked Salmon Tart

From [howsweeteats.com](https://www.howsweeteats.com)

- 1 sheet puff pastry, thawed if frozen
- 1 to 2 tablespoons everything seasoning
- 1 large egg plus 1 teaspoon water, lightly beaten for egg wash
- 2/3 cup whipped cream cheese
- 3 to 4 oz. smoked salmon
- Pickled onions, for garnish
- Fresh dill, for sprinkling
- Capers, for garnish
- Thinly sliced lemon

- Preheat the oven to 425 degrees. Line a baking sheet with parchment paper or foil.
- Place a sheet of puff pastry on the baking sheet. Poke holes all over the puff pastry with a fork. Brush the entire thing with the egg wash. Sprinkle the edges of the sheet with the everything seasoning.
- Bake the puff pastry for 20 to 25 minutes, until it's golden brown and puffy. If it's puffed up a lot in the center, you can poke it with a fork to deflate it a bit.

- Let the pastry cool slightly. Gently spread the cream cheese over the tart. This will be tricky because it will lift a few flakey bits from the top of the pastry, but that's okay. That's why it is important to use whipped cream cheese - it is light and fluffy and not as heavy as the non-whipped cream cheese.
- Layer the smoked salmon on top of the cream cheese. Sprinkle on the pickled onions, fresh dill, capers and another pinch of everything seasoning. Add on a squeeze of fresh lemon. Slice and serve.

Pickled Red Onions

From [feastingathome.com](https://www.feastingathome.com)

- 1/2 a red onion, very thinly sliced
- 1/2 cup white vinegar or apple cider vinegar or red wine vinegar
- 1/2 cup water
- 3/4 teaspoon kosher salt
- 1 1/2 -2 tablespoons sugar (or honey or other substitute)
- 1-2 teaspoons whole spices (This is optional but you may use one or any combination of the following: peppercorns, fennel seed, cumin, coriander, caraway, star anise, juniper, allspice.)

Optional additions:

- 1-2 garlic cloves, cut in half
- A couple bay leaves

- Thinly slice 1/2 a red onion.
- Place the onion along with the vinegar, water, salt, sugar and whole spices and any optional additions in a small pot on the stove and bring to a simmer. Simmer for 1 minute, stirring.
- Remove from the stove and let cool.
- Place onions and liquid in a clean jar and store in the fridge. Add fresh herbs if you like. This will last 2-3 weeks in the fridge.

Recipe notes:

- You may double the recipe.
- For a Mexican version of pickled onions, add sliced jalapeno and whole cumin and coriander seeds plus Mexican oregano to the pickling liquid.
- For a Nordic version of pickled red onions, add fresh dill, caraway and peppercorns.
- For an Indian version of pickled onions add fennel seeds, coriander and either fenu-greek or cilantro.