



Fiddlehead Fern Smoked Salmon Salad

Apple Cider Vinaigrette

3 Tablespoons apple cider vinegar
2 Tablespoons honey
5 Tablespoons canola oil
Salt and fresh black pepper to taste

Salad

3/4 cup halved thin sliced seedless cucumber
1 cup red radishes, root removed; sliced lengthwise, quartered
1/2 cup small radish leaves
1/2 small red onion, peeled, sliced very thin
2 cups watercress or cress leaves
2 ounces fresh fiddlehead ferns
2 Tablespoons cooked crisp bacon bits
1 tiny head Gem Lettuce, leaves removed
4 ounces cracked pepper smoked salmon, skin removed
Dill springs, as desired
8 ounces whole grain flatbreads, cut in quarters

Prepare Vinaigrette: In a small bowl, whisk all the vinaigrette ingredients to blend. Cover; refrigerate to chill about 1 hour or until serving.

Prepare Salad: Place cucumbers, radishes, radish leaves, red onion, and watercress in large bowl. Set aside.

In a medium sized saucepan, cook salted water until boiling. Add ferns; cook to blanch for 2 minutes; remove to ice water filled bowl. Drain ferns; add to salad bowl.

Toss salad with 1/4 to 1/3 dressing to coat; toss in bacon bits.

Line serving bowl with tiny lettuce leaves; spoon salad in center; arrange smoked salmon fillet and dill sprigs on salad or toss chunks of salmon and dill with salad for serving. Drizzle with remaining dressing as desired. Serve with flatbread slices. Serves: 2 dinner portions or 4 small salads

Inspired by: Smithsonian National Museum of American Indian The Mitsitam Café Cookbook

What Are Fiddleheads? On the North Pacific Coast, fern roots were valued as a source of starch. Fiddleheads are young curled fern shoots that grow in forested areas around the North Pacific and North Atlantic coasts. These ferns are available only for a short time in the spring. Their fresh green taste is complemented by the smoky flavor of bacon and smoked salmon.

Cook's Note: Smoked cracked pepper salmon can be purchased at most large supermarkets. If fiddleheads aren't available, just omit them from the recipe.

About the Recipe You know it's spring when fiddlehead ferns appear in a salad. Their flavor is complemented by smoked peppery salmon and bits of smoky bacon. They top peppery watercress, a nutritious super star, young mild leaves with radishes, crunchy cool cucumbers, tender lettuce leaves and feathery sprigs of fresh dill. Tossed with chilled apple vinaigrette, it makes a perfect spring main course entree.