

Salmon Caprese Canape (8 appetizers)

Ingredients:

8 slices of Baguette cut into 1" Diagonally croutons (1/4oz)
2 oz. Fresh Mozzarella cheese logs (cut into 8 half-moon pieces to fit croutons)
4 oz. Salmon (will only need 1 oz. for this recipe)
1 oz. Avocado (8 thin slices)
3 Grape Tomato (about 4 slices length wise)
2 Tsp. Olive oil
2 tsp. Balsamic Reduction (see recipe below)
Tsp Chiffonade Fresh Basil
1/4 tsp. minced Garlic
Tsp ginger paste
Black pepper



Procedure:

- 1.) Drizzle 1 tsp. olive oil on the sliced baguette pieces. Top with small amount of minced garlic. Bake 350 10 minutes till light golden brown.
- 2.) Tsp of Ginger spread equally around the 4 oz. 1/2 inch thick Salmon fillet. Lightly add black pepper to both sides. In a pan on medium heat, add 1 tsp olive oil. Sear salmon on both sides for about 30-60 seconds each. Bring internal temperature of salmon to 145 degrees. Pull from pan and refrigerate till minimum temperature reaches below 40 degrees. Slice Salmon into 1/4 inch slices. Will fall apart which is okay.
- 3.) To Build Canape: Place Mozzarella cheese on the crouton, then add next three ingredients in a shingled appearance: Avocado slice, Grape Tomato Slice, 1/8th oz. Salmon piece. Lightly drizzle Some Balsamic Reduction over top. On middle of Canape, place a few strands of Chiffonade Basil. Then serve

Balsamic Reduction

2 C. Balsamic
2 T. Honey

In a sauce pan, reduce balsamic to 1/2 cup. Add honey and mix in. cool and save for service

Nutrition Info: Servings 8 – amount per serving 92 calories, 4g total fat, 11g of carbohydrate, 1g of fiber, 4g protein