

Wild Alaska Salmon and Watercress Roll



Preparation Time: 0 minutes

Cook Time: 0 minutes

Servings: 24 (4 oz. each)

Ingredients:

- 1 3.3 lb. pouch or 64 oz. can* red or pink Alaska Salmon, drained
- 4 bunches watercress, ends trimmed; finely chopped in food processor
- 16 eggs, large, separated
- 1 tsp. black pepper, freshly ground
- 8 oz. Neufchâtel or lowfat cream cheese, softened
- 1 lb. sour cream
- 2 cups cucumbers, medium, seeded and finely chopped
- 2 cups tomatoes, medium, seeded and chopped
- 1/4 cup fresh parsley or cilantro, chopped
- 2 tsp. salt

*For canned, remove skin and bones

Description:

1. In large bowl, gently break salmon into large chunks. Set aside.
2. Preheat oven to 375°F. Coat 2 half sheet pans with pan release spray and line with parchment paper. Coat paper with spray.
3. In large mixing bowl, combine watercress, egg yolks and salt and pepper. In a separate bowl or tabletop mixer, beat egg whites until stiff. Fold into watercress mixture using rubber scraper. Divide batter evenly between 2 half sheet pans, spreading into corners. Bake for 10-12 minutes until set and light golden brown.
4. Remove pans from oven, place on wire racks and let cool briefly. On clean level surface, flip pans over onto second sheets of parchment paper. Carefully peel away lining paper on top and let cool.
5. In mixer bowl with paddle, beat together Neufchâtel cheese and sour cream until smooth. Season with salt and pepper if desired. Divide cheese mixture and spread evenly on top of each baked layer.
6. Divide cucumber, tomato, salmon chunks and parsley or cilantro evenly and scatter over cheese spread. Using parchment paper as a guide, gently roll up from the short end; discard paper. Carefully transfer roll to serving platter. Cover and hold cold for service.
7. To serve, slice each roll into 12 portions about 1" in width. Serve as appetizer course.

Tip:

Use 2 (10 oz.) bags of spinach leaves instead of watercress.