



Cumin-Roasted Potatoes with Caviar and Smoked Salmon

 Gluten Free

READY IN



45 min.

SERVINGS



24

CALORIES



43 kcal

SIDE DISH

Ingredients

- ☐ 1 ounce caviar
- ☐ 4 teaspoons kosher salt
- ☐ 0.5 cup crème fraîche sour
- ☐ 1.5 teaspoons cumin seeds crushed
- ☐ 24 servings optional: dill fresh
- ☐ 14 ounces fingerling potatoes halved lengthwise
- ☐ 1 teaspoon cilantro leaves fresh packed minced ()

- ☐ 1 teaspoon optional: dill fresh packed minced ()
- ☐ 0.3 cup juice of lemon fresh
- ☐ 2 optional: lemon
- ☐ 2 tablespoons olive oil divided
- ☐ 3 ounces salmon smoked thinly sliced cut into 1/2-inch-by-2 1/2-inch strips
- ☐ 0.5 cup water

Equipment

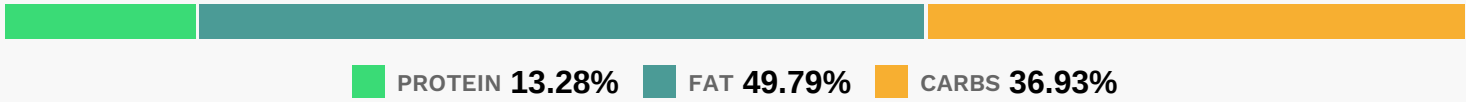
- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ peeler

Directions

- ☐ Using vegetable peeler, remove peel (yellow part only) from lemons. Simmer peel, 1/2 cup water, and 4 teaspoons kosher salt in heavy small saucepan over medium-high heat until salt dissolves. Reduce heat to low and simmer until liquid is reduced to 2 tablespoons and peel is tender, stirring occasionally, about 10 minutes.
- ☐ Transfer peel with liquid to jar.
- ☐ Add lemon juice and extra-virgin olive oil. Refrigerate at least 1 day and up to 1 week.
- ☐ Drain peel; mince. Stir crème fraîche, minced dill, cilantro, and 1 tablespoon minced peel in small bowl. Cover and chill at least 2 hours and up to 8 hours.
- ☐ Set rack at lowest position in oven and preheat to 450°F.
- ☐ Brush nonstick baking sheet with 1 tablespoon olive oil.
- ☐ Combine 1 tablespoon olive oil and cumin in large bowl.
- ☐ Add potatoes; toss to coat.
- ☐ Sprinkle with salt and pepper. Arrange potatoes, cut side down, on baking sheet and roast until tender and cut sides are brown, about 12 minutes. Cool slightly.

- ☐ Arrange potato halves, cut side up, on platter. Top each with 1 teaspoon crème fraäche, 1 salmon strip, and 1/2 teaspoon caviar.
- ☐ Garnish with dill sprigs.
- ☐ Our choice to top the potatoes is American caviar—still indulgent but not endangered. Order it from petrossian.com or tsarnicoulai.com.

Nutrition Facts



Properties

Glycemic Index:7.34, Glycemic Load:2.27, Inflammation Score:-1, Nutrition Score:2.5569565684899%

Flavonoids

Eriodictyol: 2.05mg, Eriodictyol: 2.05mg, Eriodictyol: 2.05mg, Eriodictyol: 2.05mg Hesperetin: 2.88mg, Hesperetin: 2.88mg, Hesperetin: 2.88mg, Hesperetin: 2.88mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg, Isorhamnetin: 0.05mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 43.48kcal (2.17%), Fat: 2.54g (3.9%), Saturated Fat: 0.74g (4.6%), Carbohydrates: 4.24g (1.41%), Net Carbohydrates: 3.6g (1.31%), Sugar: 0.58g (0.65%), Cholesterol: 10.59mg (3.53%), Sodium: 436.31mg (18.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.52g (3.05%), Vitamin C: 9.15mg (11.1%), Vitamin B12: 0.36µg (6.03%), Vitamin D: 0.64µg (4.27%), Vitamin B6: 0.07mg (3.67%), Selenium: 2.19µg (3.14%), Potassium: 102.11mg (2.92%), Fiber: 0.64g (2.56%), Iron: 0.46mg (2.55%), Phosphorus: 25.42mg (2.54%), Magnesium: 9.91mg (2.48%), Vitamin E: 0.28mg (1.86%), Manganese: 0.04mg (1.83%), Vitamin B3: 0.37mg (1.83%), Copper: 0.03mg (1.71%), Vitamin B2: 0.03mg (1.6%), Vitamin B5: 0.16mg (1.58%), Vitamin B1: 0.02mg (1.49%), Calcium: 14.74mg (1.47%), Folate: 5.26µg (1.32%), Vitamin A: 56IU (1.12%), Vitamin K: 1.12µg (1.07%)