

Smoked Salmon Flatbread with Arugula – Chef Alison Mountford

By Chef Alison Mountford for RINewsToday



ACTIVE TIME - 15

TOTAL TIME - 30

QUICK TIPS - I've included a recipe for the flatbread dough (which obviously increases the total time here) because, as doughs go, pizza and flatbread dough is easy to make AND if you want to make this gluten free, making your own with "cup4cup" GF flour is the way to go! If this doesn't sound fun to you - just buy the pizza dough! Or even buy a prepared focaccia or naan bread and top those for this meal.

INGREDIENTS

1 pound raw pizza dough
.5 red onion
6 ounce cream cheese
4 ounce smoked salmon
3 Tablespoon capers
1 teaspoon white sesame seeds
4 cup arugula
½ lemon or 2 teaspoon balsamic vinegar

INSTRUCTIONS

Generously coat a bowl with olive oil; then form your pizza dough into a round ball and transfer to your bowl with the olive oil in it. Roll the pizza dough around until it is coated in olive oil, then cover the bowl with a clean towel and place it in a warm place to rise for 30 minutes or until doubled in size.

Once the dough has risen, use your hands to gently deflate it and transfer to a lightly floured surface and use either your hands or a rolling pin to work the dough into a 12" circle or oval.

Transfer dough to a pizza pan or baking sheet lightly drizzled with olive oil.

PREHEAT OVEN TO 425 DEGREES

Thinly slice the red onion and place on the pizza dough. Sprinkle with a drizzle of olive oil (about 1 teaspoon) and a ¼ teaspoon of salt and pepper if desired. Bake pizza for about 13 - 15 minutes or until dough is golden brown and cooked through. Remove and let cool slightly.

Meanwhile, stir up the cream cheese to soften. When the dough is out for at least 4 - 5 minutes, spread evenly with cream cheese. Top with salmon, capers, and sesame seeds. Wash and dry the arugula, toss with lemon or vinegar, and pile high on top.

Slice and serve!