

DAVE MATTHEWS'S BAND

RECIPES FROM THE ROAD

HORSERADISH CRUSTED SALMON

FIONA BOHANE

SERVES 4

ACTIVE TIME: 30 MINUTES

INGREDIENTS

- 2 CUPS PANKO-STYLE BREADCRUMBS, LIGHTLY TOASTED
- 1/2 CUP GRATED FRESH HORSERADISH
- 1 TABLESPOON KOSHER SALT
- 2 TEASPOONS BLACK PEPPER
- 4 (6-OUNCE) SALMON FILLETS, PREFERABLY WILD
- 1/4 CUP (1/2 STICK) UNSALTED BUTTER, MELTED
- 1 LEMON, QUARTERED

PREHEAT OVEN TO 425°F. MIX TOGETHER TOASTED BREADCRUMBS, HORSERADISH, SALT AND PEPPER.

DIP THE TOP OF A SALMON FILLET IN BUTTER, THEN IN THE BREADCRUMB MIXTURE, MAKING SURE THE TOP IS WELL COATED. PLACE ON A BAKING SHEET LINED WITH PARCHMENT PAPER. REPEAT WITH REMAINING FILLETS.

BAKE FILLETS UNTIL COOKED THROUGH, ABOUT 12 MINUTES, DEPENDING ON THE THICKNESS OF THE FILLETS. JUST BEFORE SERVING, SQUEEZE LEMON OVER SALMON. SERVE WITH POTATOES AND SAUTÉED GREENS.

THE BAND AND CREW WORK LONG HARD HOURS ON THE ROAD, SO WE STRIVE TO OFFER NOT ONLY HEALTHY FRESH FOODS BUT FOODS THAT ARE SUBSTANTIAL AND SATISFYING FOR A WIDE RANGE OF DIETS. IN THE BAND ALONE THE DIETS RANGE FROM HARD-CORE CARNIVORES, TO HEALTH-CONSCIOUS PESCATARIANS AND STRICT VEGETARIANS. WE IDEALLY LOOK FOR ORGANIC LOCALLY PRODUCED PRODUCE, SUSTAINABLY HARVESTED FISH AND HIGH QUALITY, HORMONE FREE POULTRY AND MEATS. DAVE MATTHEWS BAND TOURS PRIMARILY IN SUMMER, SO WE ARE ABLE TO TAKE ADVANTAGE OF THE WIDE RANGE OF PRODUCTS THAT ARE AVAILABLE IN DIFFERENT REGIONS ACROSS THE US. WITH THE FOODS WE COOK IT IS BEST TO USE WHAT LOOKS GOOD AND FRESH AT THE STORE, PICK OUT THE MAJOR COMPONENTS OF THE MEAL AND FILL IN THE COMPLIMENTARY FLAVORS AFTER. WHEN THE FOODS ARE FRESH THE FOOD NATURALLY TASTES BETTER.

**WHOLE
FOODS**
MARKET



BIG WHISKEY AND THE GROOGRUX KING