

Miso Cedar Plant Salmon

Courtesy of Carole's Creations

Standing time: 2 hours

Prep Time: 20 minutes

Cooking Time: 30 minutes

Serves: 4

CChints: Salmon is a heart-healthy fish that mixes well with Asian and citrus flavors. Miso paste is a fermented soybean paste. It is actually an orange-brown paste that is rich and a little salty with a deep aroma and goes very well with salmon. It comes in white paste. You can find the paste in the refrigerated section of gourmet markets or in any Asian market. Most of the other items are found on the Asian aisle of your market. You will not use very much salt for this recipe because some of the ingredients are high in sodium. Ponzu sauce is a citrus soy sauce that is lighter in sodium than low sodium soy sauce.



Cedar Planks – 2 - 4 pieces depending on the size of your filets and planks

4 servings of brown rice

1/4 cup miso paste

1/4 cup sake or mirin (sweet Asian wine)

2 tablespoons rice vinegar

2 tablespoons Ponzu sauce

1 teaspoon ground ginger paste or minced fresh ginger

2 teaspoons roasted sesame oil

4 salmon filets, about 1 inch thick, no bones and skinned (The market should skin it for you)

Dash of salt and pepper

1 Tablespoon vegetable oil

4 serving of a side vegetable of your choice, asparagus, snow peas, sugar snap peas

Garnish: 2 tablespoons thin sliced green onions, green parts only

1-1/2 teaspoons sesame seeds

Soak the cedar planks in water according to package directions for 2 hours. In 1-1/2 hours start the marinade because the fish needs to marinate for 30 minutes. When the 2 hours is up, heat your gas grill to get to 375 degree F.

The fish can take up to 30 minutes, so time your rice so it is done when the fish is ready. Read the package directions and start it at the appropriate time...it maybe now or later on.

Rinse the fish in water, pat them dry and lay them in a large sealable plastic bag. In a mixing bowl combine the miso through sesame oil and stir well. Pour the marinade into the bag with the fish and seal the bag, getting out most of the air. Gently move the fish around in the marinade so each piece gets coated. Locate a pan that will allow the bag to lay flat and put it in the refrigerator for 15 minutes. The pan will help keep the refrigerator clean in case the bag leaks. After 15 minutes, carefully flip the bag over and take it out of the refrigerator. It needs to come to room temperature so it cooks evenly.

When the planks have finished soaking and the grill is ready, remove the planks from the water and pat dry with a paper towel. Take them to the grill if your grill has more than one heating source turn the heat off under the cedar plank(s) so the salmon cooks on indirect heat which is the other burners that are left on. Open the grill and let them sit on the grates that do not have the fire under them for 10 minutes. Use a pastry brush to spread a thin coat of oil on the planks so the fish doesn't stick. Carefully remove each piece of fish from the bag, lay it on a cedar

plank and sprinkle with salt and pepper. Throw away the marinade. Cover and cook for 20-30 minutes until the fish flakes in the thickest areas.

During this time, do a little clean up and prepare any side items that will be served with your salmon. When the salmon is done, transfer to a serving platter and garnish with green onions and sesame seeds. Enjoy!