



Cedar Plank Salmon with Grainy Mustard Glaze

Servings: 8

Preparation Time: 2 hours

Start to Finish Time: 2 hours 20 minutes

Time includes 2 hours for soaking cedar planks.



Cedar plank subtly flavors salmon, while mustard-honey-soy glaze elevates its natural taste. A perfect harmony enhancing the salmon's essence.

8 planks cedar planks (food grade)

1/2 cup mustard, whole grain

1/4 cup mayonnaise

1 tablespoon dry mustard

1 tablespoon soy sauce

2 teaspoons honey

1/2 teaspoon lemon zest, finely grated

salt and pepper, to taste

8 6-8 oz fillets salmon fillets, skin on

The cedar plank imparts a subtle wood flavor to the salmon. The mustard-honey-soy sauce glaze is a perfect combination that takes the natural taste of salmon to a higher level.

MAKE AHEAD: The mustard glaze can be refrigerated overnight.

Suggested Wine: Oak-barrel aging can impart a toasty quality to Chardonnay that matches ideally with the cedary smokiness of these salmon fillets.

PREP (2 hours):

Soak the cedar planks in water for at least 2 hours.

MAKE GLAZE & PREP SALMON (while planks soak):

In a small bowl, blend the whole-grain mustard with the mayonnaise, dry mustard, soy sauce, honey and lemon zest; season with salt and pepper. Set aside until ready to use.

Season the salmon fillets with salt and pepper.

GRILL (20 minutes):

Light the grill. Once the grill has pre-heated, turn 1 or more of the gas burners off to provide indirect heat (or, if using a charcoal grill, move the charcoals to one side to provide indirect heat).

Drain the planks and pat dry.

Set the salmon fillets on the planks, skinned side down. Spread the mustard glaze over the top and sides of each fillet.

Arrange the planks on the indirect-heat section of the grill. Cover and cook for 15 minutes or until the salmon is browned and just cooked through (checking to make certain that the cedar planks are not catching on fire. If so, move to a cooler part of the grill.

TOWARD THE END OF THE COOKING CYCLE, CHAR THE TOP OF THE SALMON WITH A BUTANE TORCH.

Per Serving (excluding unknown items): 242 Calories; 9g Fat (33.7% calories from fat); 35g Protein; 4g Carbohydrate; 1g Dietary Fiber; 127mg Cholesterol; 408mg Sodium; 2g Total Sugars; 0mcg Vitamin D; 31mg Calcium; 1mg Iron; 770mg Potassium; 508mg Phosphorus. Exchanges: .

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