

Chef from the Hood Recipes



Chef:
Chef Dan Berman, our Culinary Director

Restaurant:
Pacific Markets

Recipe:
Cedar Plank Salmon with Cilantro Pesto



Cedar Plank Salmon with Cilantro Pesto!

Salmon smoked on cedar planks is a tradition enjoyed by the Native Americans of the Pacific Northwest, where their beloved King salmon reigned supreme. Chef Dan Berman's updated recipe uses a gas or charcoal grill to provide heat for this age-old OUTDOORS ONLY cooking method. He says, "All 3 Pacific Markets will have cedar planks that are ready to use."

If you wish to cut and season your own, buy UNTREATED 1X6 construction grade cedar fencing (1 smooth side). Cut into 6" to 10" planks; brush liberally with olive oil; sprinkle generously with Kosher salt & pepper; bake planks on a cookie sheet in a 350° oven for 35 minutes. Cool, brush off the salt/pepper and use the smooth side to grill fish on. NOTE! For a caramelized flavor, try basting the salmon while it cooks with **Coombs Organic Maple Syrup**, another Pacific Northwest favorite." Recipe serves 4.

Ingredients:

- 4 (6 to 8-ounce) portions salmon
- preferably local Wild King salmon (skin on or off)
- rubbed with olive oil (Brando's) &
- seasoned with salt (Sea Star) &
- fresh cracked pepper
- seasoned cedar planks (read details above)

To prepare:

Place seasoned salmon, skin-side down, on smooth side of planks. (Read intro above.) Place the loaded-up planks on a high/hot grill and close lid. Your grill will now act as an oven/smoker. Cooking time varies depending on thickness of salmon pieces and your preferences. Be careful when opening the grill lid as planks produce a lot of smoke. Keep lid closed as much as possible to retain heat inside the grill. After removing cooked salmon from plank, plunge burning wood into a bucket of cold water. Serve salmon immediately with cilantro pesto.

Cilantro Pesto!

Into a blender or processor place:

- 1 cup extra-virgin olive oil (Asti's)
- 1 cup roughly chopped cilantro leaves
- 1 clove garlic
- 1/4 cup lightly toasted pepitas (pumpkin seeds sold in Mexican foods aisle)

Completely puree, then add these ingredients:

- juice squeezed from 1/2 lime
- 1 to 3 jalapeño peppers (or to taste)
- stemmed, (seeded for less heat) & finely minced
- Salt and pepper, to taste