

Cedar Plank Salmon with Tarragon Mustard Glaze

Ingredients:

4 (5 ounce) salmon filets, skin removed (deboned)
2 small cedar grilling planks, soaked in water for at least 1 hour
3 tablespoons Vegetable Oil
Salt
Pepper

Glaze:

2 Tablespoons whole grain mustard
2 Tablespoons Dijon mustard
2 Tablespoons Honey
2 Tablespoons soy sauce
1 teaspoon Worcestershire sauce
1 Tablespoon Sherry vinegar
2 Tablespoons extra-virgin olive oil
1 Tablespoon Smoked Paprika
1 teaspoon freshly cracked black pepper
1 teaspoon Tarragon

Potatoes
Asparagus
Carrots
Red Pepper

1. Soak the plank in water for at least 1 hour or overnight. You can do this in advance and freeze the plank until you're ready to use it.
2. Combine all the ingredients for the marinade in large bowl. Can be made ahead of time.
3. Lay cedar planks on a baking sheet and spread with oil. Place salmon skin side down on plank, season with salt and pepper. Brush with glaze.
4. Grilling: Place the cedar plank in the center of the hot grate, away from the heat. Cover the grill and cook until cooked through, around 20 minutes. The internal temperature should read 130 degrees F.
5. For oven: preheat to 375F. Place sheet pan with plank on center rack. Bake until flesh is just cooked through and flakes easily, about 20 minutes. Check internal temp for 130.
6. Transfer the salmon and plank to a platter and serve right off the plank. Serve with roasted vegetables and potatoes

Roasted Veg:

1. Quarter potato, cut asparagus, carrots and pepper into 1 ½ inch lengths toss with olive oil salt and pepper and roast in a cast iron pan for 25- 30 minutes until asparagus is blistered and the potatoes are fork tender.