



cedar planked
Salmon
with cucumber noodles

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Serves 4

Ingredients (Salmon)

1 cedar plank 6 x 14"	6 tbsp. (90 g) brown sugar
2 salmon fillets, 1 ½ lb (680 g) total	Salt and ground pepper to taste
6 tbsp. (90 ml) dijon mustard	

Method (Salmon)

1. Soak the cedar plank in salted water, then drain.
2. Remove skin from salmon fillets.
3. Rinse salmon under cold water and pat dry with paper towel.
4. Generously season both sides of the salmon with salt and pepper.
5. Lay the salmon skin side down on the cedar plank.
6. Spread mustard on the salmon fillets.
7. Generously sprinkle the brown sugar over the mustard.
8. Set half the barbecue grill on medium/high heat.
9. Place the cedar plank salmon on the grill away from the heat, cover the grill and cook 20-30 minutes until cooked through. Internal temperature should read 275°F/135°C.
10. Serve with a side of cucumber noodles.

Ingredients (Cucumber Noodles)

3 seedless Paysanne cucumbers, peeled	¼ tsp. (2 g) black pepper
2 tbsp. (30 g) unsalted butter	½ tsp. (2 g) lemon zest
2 tbsp. (30 g) mint, finely chopped	1 tsp. (5 ml) fresh lemon juice
½ tsp. (3 g) salt	

Method (Cucumber Noodles)

1. Cut each cucumber into long 1/8" julienne strips. Slice until the core is reached, then rotate in ¼ turns, slicing until nothing is left but the core.
2. Blanch cucumber noodles in boiling salted water for 1 minute, and then drain in a colander.
3. Immerse noodles into a large bowl of ice water to stop the cooking process.
4. Drain cucumber noodles and transfer to a clean kitchen towel to pat dry.
5. Heat butter in a heavy skillet on moderate heat until foam subsides.
6. Cook cucumber noodles, zest, lemon juice, salt and pepper. Toss the noodles to mix well. Serve immediately.

Nutritional Facts per serving (150 g): Calories 250

Fat 18 g (28 %), Saturated Fat 11 g + Trans Fat 0 g (55 %), Cholesterol 75 mg, Sodium 700 mg (29 %), Carbohydrate 6 g (2 %), Fiber 1 g (4 %), Sugars 3 g, Protein 17 g, Vit A (15 %), Vit C (100 %), Calcium (40 %), Iron (4 %). % = % Daily Value