

# MCCORMICK & SCHMICK'S

## SEAFOOD RESTAURANTS

### Cedar-Planked Salmon

*This is the quintessential Pacific Northwest seafood preparation, dating back to the Native Americans who skewered chunks and sides of salmon with cedar to roast over an open fire. Here, we refine the process for home cooking. The wood can take any form as long as it is untreated and is "finished" on at least one side. You can buy roasting boards at many grocery stores or just go to your local hardware store and buy planks, siding or closet cedar.*

Yield: 4 to 6 servings

1 cedar wood plank, finished on at least one side	¼ tsp. salt
¼ c. vegetable oil	¼ tsp. pepper
1 filet of fresh salmon (2 to 4 pounds)	½ c. Northwest Berry Sauce (recipe below)

Preheat the grill to medium heat. Soak the cedar plank under water for approximately 20 minutes prior to using. Brush the sides of the cedar plank with oil.

Drizzle the salmon with a small amount of oil and season with salt and pepper. Place the salmon skin-side down on the cedar board and place on the grill. (A squirt bottle filled with water may be useful to have on hand to douse any flame outbreaks around the edges of the board).

Cook approximately 8 minutes per pound until desired doneness. Salmon is perfectly cooked with it is still slightly pink in the center of the filet.

If desired, drizzle cooked salmon with Northwest Berry Sauce. Or, serve simply with lemon wedges.

*Note: Cedar planked salmon can also be cooked in the oven. Preheat oven to 400 degrees and prepare salmon the same as above. Place plank directly on rack in oven and cook for approximately 7 to 8 minutes or until desired doneness.*

#### **Northwest Berry Sauce**

Yield: 2 cups

1 ½ c. frozen, mixed berries	1 large shallot, chopped
¼ c. water	4 to 5 whole black peppercorns
¼ c. white wine	¼ c. heavy cream
¼ c. white wine vinegar	¼ lb. very cold butter, cut into ½-inch cubes

Place the berries in a sauce pan with water and simmer on low heat until the berries are mushy and the mixture is slightly thickened, about 10 minutes.

While the berries are cooking, place the white wine, vinegar, shallots, peppercorns and heavy cream into another sauce pan. Reduce the mixture over medium-high heat, stirring occasionally, until it reaches the consistency of corn syrup. Strain out the shallot and peppercorns.

Strain the berry mixture into the wine mixture and discard the berry solids. Remove the mixture from the heat and whisk, adding the butter 2 to 3 cubes at a time.