



Cedar Plank Sockeye Salmon and Mexican Rice Topped with Fire and Smoke Mango Salsa



YIELD: 6 servings

INGREDIENTS	MEASUREMENTS
Cedar Plank	
Cedar plank, untreated	24" x 8" x 1"
Salsa	
Mango, diced ¼" cubes	682 g
SupHerb Farms Fresh Frozen Salsa Blend	22 g
SupHerb Farms Fresh Frozen Ginger Puree	18 g
Red bell pepper, cut into ¼" cubes	32 g
Brown sugar, packed	17 g
Lime juice, fresh squeezed	3.3 g
Chipotle powder	0.8 g
Olive oil	9 g
Rice	
White rice, uncooked	347.6 g
Safflower oil	38.9 g
SupHerb Farms Fresh Frozen Garlic Minced	7.7 g
SupHerb Farms Fresh Frozen Onion Red Roasted ¼"	66.8 g
Chicken stock	896.5 g
SupHerb Farms Fresh Frozen Jalapeno Green 1/8", diced	5 g
Lime juice, fresh squeezed	20.7 g
SupHerb Farms Fresh Frozen Cilantro Small	3.5 g
Salt and pepper	0.05 g
Salmon	
Sockeye salmon	683.2 g
Salt and pepper	0.05 g
Lime juice, fresh squeezed	38 g
Olive oil	85.5 g
Chipotle powder	1.2 g

CEDAR PLANK PREPARATION

1. Soak the cedar plank overnight or for 12 hours.

SALSA PREPARATION

1. Add all ingredients to a large bowl. Blend well.
2. Allow to marry for 20 minutes.

Note: Salsa can be prepared one day in advance and stored overnight.

RICE PREPARATION

1. Place rice in a large bowl. Cover with hot water. Allow to set for 10 to 15 minutes.
2. Drain rice and rinse well with cold water.
3. Heat safflower oil on high in a large saucepan. Add the rice and stir for 1 to 2 minutes.
4. Stir in SupHerb Farms Fresh Frozen Garlic and Red Onion. Cook for 5 minutes, stirring frequently.
5. Add the chicken stock, SupHerb Farms Fresh Frozen Jalapeno and lime juice. Bring to a boil, reduce heat to low and cover. Cook for approximately 25 minutes, until the rice is cooked and liquid is absorbed. If the rice is too firm after 25 minutes, add ¼ cup water and cook an additional 5 minutes. Note: While the rice is cooking, start the salmon preparation - season the salmon and heat grill.
6. Once rice is cooked, remove from heat. Let the rice set for 5 to 10 minutes and then fluff with a fork.
7. Add SupHerb Farms Fresh Frozen Cilantro and season with salt and pepper. Fluff the rice again. Set aside.

SALMON PREPARATION

1. Rub salmon with salt, pepper, lime juice and olive oil. Sprinkle with chipotle powder. Set aside.
2. Place the soaked cedar plank on a hot grill and sprinkle with coarse salt. Close the grill cover and allow the plank to dry out for 2 minutes.
3. Place the seasoned salmon on the cedar plank, skin side down.
4. Close the cover and cook for 12 to 15 minutes or until the salmon is flakey when pulled with a fork. Take care not to overcook.

TO SERVE

Place the salmon and rice on a plate. Top the salmon with the salsa and serve immediately.