



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	4 cups
SupHerb Farms Fresh Frozen Salsa Blend	2 Tbsp
SupHerb Farms Fresh Frozen Ginger Puree	1 Tbsp
Red bell pepper, cut into ¼" cubes	¼ cup
Brown sugar, packed	1 Tbsp
Lime juice, fresh squeezed	1 tsp
Chipotle powder	¼ tsp
Olive oil	1 Tbsp
Rice	
White rice, uncooked	2 cups
Safflower oil	3 Tbsp
SupHerb Farms Fresh Frozen Garlic, minced	1 Tbsp
SupHerb Farms Fresh Frozen Onion Red Roasted	½ cup
Chicken stock	4 cups
SupHerb Farms Fresh Frozen Jalapeno, diced	1 Tbsp
Lime juice, fresh squeezed	2 Tbsp
SupHerb Farms Fresh Frozen Cilantro	2 Tbsp
Salt and pepper	To taste
Salmon	
Sockeye salmon	1.5 lbs
Salt and pepper	To taste
Lime juice, fresh squeezed	3 Tbsp
Olive oil	½ cup
Chipotle powder	½ tsp

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.