



CEDAR-PLANKED  
SALMON

*Trefethen*

# CEDAR-PLANKED SALMON



## INGREDIENTS

4 each 5 oz filets of salmon,  
skin and pin bones removed  
1/4 cup whole grain mustard  
1 Tbsp honey  
1 Tbsp shallots, finely diced  
kosher salt and fresh ground pepper  
extra-virgin olive oil  
spray bottle with water  
2 cedar planks, soaked in  
water for 2-6 hours

## PROCEDURE

1. Preheat a grill. Once the grill is hot, pat the planks dry and brush them with a light coating of olive oil. Place the planks on the grill and allow them to preheat.
2. Mix the mustard, honey and shallots together. Season the salmon with salt and pepper then brush the mustard mixture on the salmon.
3. Place the filets on the hot planks and cook until the internal temperature is between 125° and 130°. If the planks catch on fire spray the flames with water to extinguish.

## TREFETHEN WINE PAIRING

***Pinot Noir:** Sumptuous with gorgeous strawberry, cherry, and cranberry flavors layered with delicate notes of cedar, earth and spice. Balanced on the palate with bright acidity and integrated tannins.*