

Cedar-Planked Fire Roasted Salmon

Adapted from the cookbook: Mitsitam Cafe Cookbook



Juniper berries have a very unusual peppery citrus aroma and taste. Delicious!

BERRY GLAZE:

- 1/4 cup blueberries
- 1/4 cup raspberries
- 1/2 cup blackberries
- 2 tablespoons water
- 2 tablespoons sugar

SALMON:

- 1/4 cup juniper berries
- 1 teaspoon salt
- 3 pounds salmon fillets

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>

Servings: 8

The original recipe called for 1/4 cup huckleberries. If you have them, add 1/4 cup, and reduce the blackberries to 1/4 cup. You may also cook the salmon in a barbecue - cooking time and method is the same.

1. Soak cedar planks in water for at least 6 hours; drain.
2. BERRY GLAZE: In medium saucepan combine berries, water and sugar. Bring to a boil over medium heat. Simmer for 8 minutes, or until thickened. Set aside.
3. SALMON: Preheat oven to 400°. Grind juniper berries to a powder (use electric spice grinder if you have one). Combine juniper berry powder and salt, and rub evenly over salmon flesh. Place salmon on planks, skin side down. Bake for 8 minutes.
4. Remove salmon from oven, brush berry glaze over the top and bake for another 6-10 minutes (depending on the thickness of the salmon) or just until the salmon is slightly translucent in the center. Remove from oven and serve on the plank, if desired, with extra glaze alongside.

Per Serving (excluding unknown items): 248 Calories; 6g Fat (24.0% calories from fat); 35g Protein; 11g Carbohydrate; 1g Dietary Fiber; 89mg Cholesterol; 381mg Sodium. Exchanges: 5 Lean Meat; 0 Fruit; 0 Other Carbohydrates.