



COOKING FOR WELLNESS


CANCER SUPPORT
COMMUNITY
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GIANT EAGLE
MARKET
DISTRICT

PLANK-GRILLED MISO SALMON

Yields: 4 Servings

INGREDIENTS

- 1 tsp maple syrup
- 1 tsp sake
- ¼ cup white miso
- ¼ cup mayonnaise
- ½ tsp lemon zest
- 1½ lbs salmon fillet, preferably king salmon, skinned
- 4 scallions, trimmed
- ¼ tsp ground pepper
- 2 tsp black and/or white sesame seeds

INSTRUCTIONS

1. Heat sake and maple syrup in a small saucepan over medium heat just until warm. Remove from heat and whisk in miso until smooth. Let cool for 1 minute, then whisk in mayonnaise and lemon zest.
2. Set up your grill for indirect grilling. Build a medium-high heat fire or preheat a gas grill to medium-high.
3. Place the plank, smooth-side down, directly over the flame and grill until the bottom is charred and smoky, 2 to 4 minutes. Set aside to cool.

continued other side

INSTRUCTIONS, *continued*

4. Run your fingers over the salmon and remove any bones you find with tweezers. Place scallions on the charred side of the plank, leaving a little space between them. Place the salmon on the scallions and season with pepper. Spread the glaze on top and sprinkle with sesame seeds.
5. Grill the fish on the plank over indirect heat until the glaze is bubbling and browned and the fish is cooked through, 15 to 20 minutes. Serve on the plank, if desired.