

Le Pigeon Cedar Planked Salmon Recipe

SEAFOOD FEATURED: OREGON WILD-CAUGHT SALMON

Chef Gabriel Rucker, Le Pigeon @ruckergabriel

This is one of the few recipes in my life where home meets work. Or is it, work meets home? I love cooking a nice piece of moist, fatty Oregon King Salmon over a piece of cedar. I prefer the oven for this recipe as it gives more control and you don't have to worry about lighting the cedar on fire.

For this recipe, I slather the fish with mustard and spicy chili oil then top with dill and sliced spring onions to lock in the moisture and give the fish a melt in your mouth texture.

INGREDIENTS	INSTRUCTIONS
<p>Recipe serves: 6</p> <ul style="list-style-type: none">• 1 Cedar plank 1 to 1 ½ foot long• 1 side Oregon Caught Wild King Salmon, skin on pin bones removed, about 3 ½ lbs• 2 fresh Spring Onions, sliced thin• 1/3 cup chopped Dill• ¼ cup spicy Chili Oil• ¼ cup Dijon Mustard• Salt• Paprika• Olive oil for cedar	<p>Process</p> <ul style="list-style-type: none">– Preheat the oven to 375 degrees. Line a standard baking tray with foil. Coat the plank with olive oil and place on tray.– Bake oiled plank for 10 minutes to season it and get the cedar aroma going. Remove from the oven and place fish skin side down on the plank.– Season with salt and a sprinkle of paprika.– Toss onion, dill, mustard and chili oil. Liberally cover fish with onion mixture and place in the oven. Cook for about 10 to 15 minutes depending on your taste and how thick the fish is.– To check, give a little slice at the thickest part of the fish.– I like mine cooked but still a little pinkish. Kind of like a medium cooked steak.– Serve with white rice and a big green salad.

RESTAURANT: LE PIGEON | CHEF: GABRIEL RUCKER | #EatOregonSeafood

WEBSITE: Beav.es/eatoregonseafood