

Cedar-Planked Salmon with Jalapeño Cream Sauce



Salmon

1 (1½-pound) salmon fillet
1 tablespoon olive oil
2 garlic cloves, minced
1 tablespoon chopped cilantro
½ teaspoon salt
½ teaspoon white pepper

Jalapeño Cream Sauce

1½ teaspoons butter
2 cups finely chopped
yellow onions
6 white mushrooms,
finely chopped
6 small fresh jalapeño peppers,
seeded and finely chopped

1 cup sauvignon blanc
1½ cups heavy whipping cream
Salt and freshly cracked black
pepper to taste
Rice pilaf or hot cooked wild rice

*S*oak one cedar plank using the manufacturers' directions. Preheat the grill or oven to 375 degrees.

For the salmon, arrange the salmon on the soaked plank and brush with the olive oil. Rub with the garlic and cilantro. Sprinkle with the salt and white pepper. Grill for 20 to 30 minutes or until the salmon flakes easily. Do not overcook, as the salmon will continue to cook after it is removed from the grill. Or, bake in the oven until the salmon flakes easily. Place a baking sheet under the plank to catch any drippings.

For the sauce, melt the butter in a medium skillet over medium heat and add the onions, mushrooms and jalapeño peppers. Sauté until the butter is absorbed and the onions and mushrooms are tender. Add ½ cup of the wine and stir. Mix in ¾ cup of the cream, the salt and pepper. Bring to a low boil.

Cook until the mixture begins to thicken. Stir in the remaining ½ cup wine and the remaining ¾ cup cream. Bring to a low boil and cook until thickened to the desired consistency, stirring constantly. Remove from the heat. Purée using an immersion blender. Strain the sauce through a colander into a bowl, pressing the solids with a spoon; discard the solids. Season with salt and pepper. Add additional cream if a thinner consistency is desired.

Arrange equal portions of rice pilaf on each of three or four serving plates. Cut the salmon into three or four equal portions and arrange one portion on each serving of rice. Drizzle with the sauce and serve with fresh green beans. Store any leftover sauce in the refrigerator. It will cool into a thick paste, but reheats well in a double boiler. Serves 3 or 4.

Photograph for this recipe on facing page.