

# Cedar Wrapped Fennel Lime Salmon



**Jim – 4 Guys and a Tomato**

**Event:** Bainbridge Island Spouses and Guests, August 17, 2019

Paper thin cedar wood wraps make a perfect fusion of Salmon en Papillote and Planked Grilled Salmon. I wanted to use the fresh fennel from my garden and combine it with citrus. Why not use lemongrass both as an ingredient and for the tie around the wrap? I used fresh wild sockeye salmon from my favorite fish monger, Pure Food Fish Market in the Seattle Pike Place Market. Tip: don't leave there without some of their Alderwood Smoked Salmon.



## Ingredients:

- Cedar wrap
- Salmon fillet
- Lemongrass
- Fennel bulb, fronds, and flowers
- Lime
- Thyme sprig
- Sea salt
- Freshly ground black pepper



## Directions:

Soak wrap in water for ten minutes. Debone and remove the skin from the salmon fillet, then salt and pepper both sides. Pound the lemongrass stalk with the back of a chef's knife, and finely mince the white part. Reserve another pounded stalk for tying the wrap. Using a knife or mandolin, thinly slice the fennel bulb vertically. Thinly slice the lime.

Assemble the wrap with fennel slices, lime slices, piece of salmon, thyme sprig, diced lemongrass, and fennel fronds. Tie the wrap with the reserved lemongrass stalk.

Heat a charcoal or gas grill to 400°F. Grill covered over hot flames or coals for approximately three to six minutes per side depending on the size of the fish. Allow the flames to char the wrap in order to impart the smoky flavor. Don't worry, the moisture inside the packet will protect the fish from burning.

To plate, open the packet and garnish with lime zest and fennel flowers.

