Cedar Planked Salmon with Asian Flavors

1 untreated (about 17 x 10 x 1-inch) red cedar plank

¾ cup low-sodium soy sauce
4 teaspoons prepared horseradish
3 teaspoons freshly grated ginger root
2 teaspoons Dijon mustard
3 teaspoons sesame oil
2 teaspoons sweet rice wine (mirin), available in ethnic section of market

4 6-ounce salmon fillets

Fill roasting pan with water. Add cedar plank; weigh down with small can or pot to keep submerged. Soak 4-6 hours. A baking sheet may be used if cedar plank is unavailable.

Combine soy sauce, horseradish, ginger root, Dijon mustard, sesame oil and sweet rice wine in baking dish. Add salmon. Turn to coat. Cover and marinate in refrigerator 4-6 hours.

Preheat oven to 350 degrees. If using cedar plank, heat in middle of oven 10 minutes. Place salmon on plank and bake 20-30 minutes until just cooked through.

Serves 4

The secret ingredient

The bite and aroma of the horseradish root are almost absent until it is grated or ground. During this process, as the root cells are crushed, volatile oils known as isothiocyanates are released. Vinegar stops this reaction, stabilizes the flavor and locks in the heat.

Tips for Using Horseradish

- **At breakfast**, add prepared horseradish to scrambled eggs, omelets and hash browns before cooking. Wake-up Eggs Benedict with a spoonful of horseradish added to hollandaise sauce or simply serve prepared horseradish straight out of the jar and on the side with sausage.

- **For lunch**, add prepared horseradish to mayonnaise or salad dressing for sandwiches or to French dressing for salads. Spike ready-made deli items such as coleslaw, baked beans and potato salad with a heaping spoonful of horseradish.

- **At dinner**, substitute prepared horseradish for butter and salt as a low calorie, non-fat vegetable topper. Add one (or two) spoonfuls to canned or homemade soups. Mash horseradish with potatoes or mix with low-fat sour cream for a quick baked potato topping.

For more information, and recipes that include horseradish, visit www.horseradish.org the most comprehensive resource for horseradish recipes anywhere!

This brochure was produced by the Horseradish Information Council
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1 jar (10 ounces) chili sauce
2–3 teaspoons prepared horseradish, to taste
Juice of ½ lemon
1 teaspoon Worcestershire sauce
Combine all ingredients and refrigerate until ready to use. Serve with chilled, cooked shrimp.

2 pounds small redskin potatoes
1 teaspoon salt
¾ cup sour cream
¼ cup mayonnaise
2 teaspoons prepared horseradish
¼ cup sharp cheddar cheese, grated
¼ cup thinly sliced scallions, plus more for garnish
4 slices bacon, cooked and crumbled (¼ cup meat-free bacon bits may be substituted)
Salt & pepper to taste
In large pot, cover potatoes with water and add 1 teaspoon salt. Bring to a boil, reduce heat and simmer until potatoes are tender when pierced with a sharp knife, 12–15 minutes. Drain well. Cut potatoes into ¾ inch chunks.

While potatoes are cooking, whisk together sour cream, mayonnaise and horseradish. Season with salt and pepper. Add warm potatoes, cheddar, scallions and bacon, and gently fold to combine. Serve warm or cold.

Varieties of prepared horseradish include cream style prepared horseradish, horseradish sauce, beet horseradish and dehydrated horseradish.

Mix-ins – Add to the classic recipe for a fresh, new taste.

Southwest Cocktail Sauce
Add – 1 teaspoon cumin
Juice of ¼ lime (omit lemon juice)
1 teaspoon chopped, fresh cilantro
This sauce goes great with tortilla chips or as a condiment for your favorite Mexican and Southwestern dishes.

Asian Cocktail Sauce
Add – 1 teaspoon soy sauce
¼ teaspoon sesame seeds
1 teaspoon grated fresh ginger root
An excellent choice for egg rolls or sushi.

Buffalo Cocktail Sauce
Add – ½ teaspoon hot sauce
¼ cup crumbled blue cheese
Freshly ground black pepper
Try as a complement to your favorite chicken wing recipe.

Varieties of prepared horseradish include cream style prepared horseradish, horseradish sauce, beet horseradish and dehydrated horseradish.

One tablespoon of horseradish contains 0 calories and no fat.

*Review the label of your favorite prepared horseradish for nutrition information.