

## Cedar Plank Salmon Transcript

0:00:00.030,0:00:04.200

hey I'm chef Dave and welcome back to

0:00:02.429,0:00:06.660

summer grilling with Jamie going Market

0:00:04.200,0:00:08.460

District today is all about wild Alaskan

0:00:06.660,0:00:10.290

salmon I'm gonna teach you how to make a

0:00:08.460,0:00:26.160

cedar plank grilled salmon with a

0:00:10.290,0:00:27.210

special grilled peach summer salad first

0:00:26.160,0:00:29.730

we're going to be working with our

0:00:27.210,0:00:31.289

Market District wooden cedar planks

0:00:29.730,0:00:33.540

today and I'm gonna show you how to use

0:00:31.289,0:00:35.610

these first thing we need to do prior to

0:00:33.540,0:00:36.899

even putting anything on these is you

0:00:35.610,0:00:38.460

need to know you have to treat these

0:00:36.899,0:00:40.350

just like an ingredient that would go

0:00:38.460,0:00:41.969

into your food I'm gonna soak them in

0:00:40.350,0:00:43.920

water for about an hour which I've

0:00:41.969,0:00:45.690

already done the next thing I'm gonna do

0:00:43.920,0:00:49.320

is I'm gonna go ahead and char them back

0:00:45.690,0:00:50.760

here on my grill soaking the cedar

0:00:49.320,0:00:52.620  
planks and water prevents them from

0:00:50.760,0:00:54.570  
burning on the grill and the charring

0:00:52.620,0:00:56.340  
allows that robust cedar flavor to

0:00:54.570,0:00:58.739  
develop which will then season any food

0:00:56.340,0:01:00.390  
that you put on it to cook now that I've

0:00:58.739,0:01:02.250  
prepared my cedar plank for grilling

0:01:00.390,0:01:04.460  
it's all ready for my wild Alaskan

0:01:02.250,0:01:04.460  
salmon

0:01:09.350,0:01:20.100  
top it with some basil pesto and next

0:01:17.789,0:01:21.810  
I'm gonna add the Giant Eagle shredded

0:01:20.100,0:01:23.310  
vegetable noodles this is a new

0:01:21.810,0:01:25.350  
ingredient and features shredded

0:01:23.310,0:01:27.149  
zucchini shredded yellow squash and

0:01:25.350,0:01:28.649  
shredded carrot we feature a few

0:01:27.149,0:01:37.140  
varieties of those so be sure to check

0:01:28.649,0:01:42.869  
them out on our store I'm gonna season

0:01:37.140,0:01:46.310  
with salt and pepper and also a little

0:01:42.869,0:01:46.310  
bit of my Giant Eagle olive oil

0:01:48.479,0:01:52.229  
next I'm going to go ahead and put this

0:01:50.130,0:01:53.789  
directly on top of my grill over medium

0:01:52.229,0:02:01.530  
heat and let it cook for 10 to 12

0:01:53.789,0:02:02.939  
minutes now water Salmons on the grill

0:02:01.530,0:02:05.270  
we're gonna make an awesome summer

0:02:02.939,0:02:07.860  
grilled peach salad to go along with it

0:02:05.270,0:02:10.019  
my first ingredient is some Market

0:02:07.860,0:02:12.780  
District true rebel heirloom tomatoes

0:02:10.019,0:02:14.250  
that I've sliced in half next I'm going

0:02:12.780,0:02:16.440  
to add some pieces of basil and I'm

0:02:14.250,0:02:18.420  
gonna go ahead and hand tear these now

0:02:16.440,0:02:20.340  
here's a pro tip if you're cooking with

0:02:18.420,0:02:22.170  
your children or grandchildren involve

0:02:20.340,0:02:23.910  
them in this step of the process the

0:02:22.170,0:02:25.410  
children love to tear their herbs it

0:02:23.910,0:02:27.390  
helps to release those beautiful

0:02:25.410,0:02:29.069  
aromatics that they'll smell and also

0:02:27.390,0:02:30.630  
involving your kids in cooking will help

0:02:29.069,0:02:34.890  
them make healthy meal decisions later

0:02:30.630,0:02:37.380  
in life did that I'm gonna add some

0:02:34.890,0:02:42.299  
Market District candy pecans these are

0:02:37.380,0:02:44.040  
great some slivered red onion and then

0:02:42.299,0:02:46.019  
last I have two extra special

0:02:44.040,0:02:48.140  
ingredients with me today these are our

0:02:46.019,0:02:52.019  
Market District locally grown in Ohio

0:02:48.140,0:02:55.109  
micro arugula and also the Market

0:02:52.019,0:02:57.180  
District micro-p shoots these add a nice

0:02:55.109,0:02:58.350  
fresh snap to the salad and are going to

0:02:57.180,0:02:59.540  
taste great along with the grilled

0:02:58.350,0:03:02.190  
peaches

0:02:59.540,0:03:03.600  
now last while my cedar plank salmon is

0:03:02.190,0:03:05.280  
grilling I'm going to go ahead and grill

0:03:03.600,0:03:08.359  
some peaches right next to it and add

0:03:05.280,0:03:08.359  
those to the southwest

0:03:10.880,0:03:14.850  
now my peaches are all drilled I'm gonna

0:03:13.350,0:03:19.290  
go ahead and season myself with a little

0:03:14.850,0:03:20.790  
bit of giant you go olive oil and then

0:03:19.290,0:03:28.350  
once again some salt and freshly ground

0:03:20.790,0:03:33.840  
black pepper we're gonna toss that all

0:03:28.350,0:03:36.120  
together all right so I've got my

0:03:33.840,0:03:38.340  
beautiful summer grilled peach salad my

0:03:36.120,0:03:40.290  
delicious wild alaskan salmon with basil

0:03:38.340,0:03:48.510  
pesto and giant eagle veggie noodles and

0:03:40.290,0:03:50.790  
now I'm all ready to play so here we

0:03:48.510,0:03:52.740  
have our delicious grilled wild alaskan

0:03:50.790,0:03:53.640  
salmon with our special grilled summer

0:03:52.740,0:03:55.650  
peach salad

0:03:53.640,0:03:57.210  
I'm chef Dave and I hope you've enjoyed

0:03:55.650,0:03:58.950  
grilling with me this summer as much as

0:03:57.210,0:04:00.960  
I have grilling with you make sure to

0:03:58.950,0:04:04.880  
check out all our recipes on giant eagle

0:04:00.960,0:04:04.880  
comm backslash grilling

0:04:06.380,0:04:10.569  
[Music]