

Published March 28th, 2012

Mediterranean Cedar-Wrapped Salmon or Swordfish



Cedar wrap salmon and swordfish Photo Susie Iventosch

(Serves 4)

INGREDIENTS

Four 6-ounce fish fillets, any skin removed and cut into pieces about 1 1/2 inches wide and thick by 6-7 inches long (Swordfish, Halibut, Salmon, Sea Bass)

1/2 cup pitted and coarsely chopped Kalamata olives

1/2 cup chopped sundried tomatoes, drained or reconstituted

1 clove garlic, minced

1 tablespoon olive oil

1 cup kale leaves, torn into bite-sized pieces, or 8 large strips of kale leaves

Mushrooms (I used 1/2 package of "Brown Clamshell" organic mushrooms by Mycopia from Whole Foods)

16 pieces of carrot (3-inch julienned strips)

4 cedar paper wraps

8 pieces of kitchen string, each about 10-12 inches long

(*Note I covered the string with long pieces of chives just for the pre-cooking photo!)

DIRECTIONS

Soak cedar wraps in warm water for about 8-10 minutes to soften. Pat dry with a paper towel and lay cedar wraps out on a flat surface. Spray with cooking spray to keep contents from sticking.

In the center of each cedar wrap, place kale leaves.

In a bowl, mix olives and sundried tomatoes with garlic and olive oil. Then, spread mixture evenly over kale. Place mushrooms and carrots on top of olive mixture and then lay fish fillet over all.

Now, call anyone you can to come over to help you roll and tie the cedar wraps! Starting at one end, roll the papers snugly around the contents (you will be able to tell which way to roll them ... there is only one way) and tightly tie the wraps in two places about halfway between center and the ends.

Cook on a preheated grill for about 12-14 minutes, turning every three or four minutes.

Remove from grill and cut strings.

Serve the whole wrap on the plate along with wild, black or red rice, braised baby carrots, salad and toasted seeded bread.

*Note- you can use whatever veggies you like and can make this dish in any style you like. The package offers an Asian version of the same dish.



Photo Susie Iventosch

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