

Roasted Brussels Sprouts with Cranberries and Walnuts

Check out two of Casey Turner's favorite sides. These dishes perfectly accompany his tasty cedar plank salmon recipe. Enjoy!

Ingredients:

Bag of whole Brussel sprouts (16oz or so)

Dried cranberries, 3/4 cup

Halved walnuts or pecans

Paprika

Cinnamon

Salt and pepper, to taste

Room temperature soft or liquid fat of choice (I used a bit of olive oil and a bit of coconut oil which is what I typically use when roasting vegetables.)

Black strap molasses to drizzle

Dark maple syrup to drizzle

Balsamic glaze (I purchase mine from Trader Joe's)

- › Add cranberries and nuts.
- › Shake on paprika generously.
- › Shake on cinnamon sparingly.
- › Grind salt and pepper moderately.
- › Put a good bit of olive oil and nice dollop of coconut oil, and toss everything together.
- › Spread out on a foil-lined baking sheet that is large enough to hold everything without overlapping sprouts.
- › Drizzle molasses over your mess "like Scrooge giving out money at Christmas."
- › Drizzle maple syrup sparingly.
- › Place the sprouts in the oven for 30 minutes.
- › When time is up, switch oven to broil and watch it like a hawk until you see nice brown edges on the sprouts.
- › Transfer the sprouts to your bowl or plate, and lightly drizzle balsamic glaze Jackson Pollack-style.

* Casey says "This should really be the very last thing you do to the plate after rice and fish are on it as well."

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Rice & Tzatziki Sauce

My favorite kind of rice is white basmati rice. I have the best luck with it and I love the long grains and the flavor. All I do is follow the directions on the package. The most common mistakes I have noticed are: not measuring the rice and water accurately, not using a lid that fits the pot, not turning the heat low enough after the boiling phase, and worrying it's not cooking and repeatedly opening the pot and letting the steam out. Also, when it says that adding the salt and butter to the water is optional, it's not. The salt and butter dramatically change the boiling properties of the water and the absorption properties of the rice.

Tzatziki Sauce Ingredients:

2 cups greek yogurt (I substituted cashew milk yogurt)

2 garlic cloves, liquefied

1 cucumber, shredded

½ fresh lemon, juiced

2 Tablespoons fresh dill leaves, minced

Salt

Casey notes to pay close attention to the prepping of the ingredients to make this dish successful. Also, if you make this sauce the day before, the flavors will marry well and the garlic will mellow a bit, but it's just as great fresh.

- › For the garlic I use one of those shredders that's really for Parmesan cheese, much more flavor availability than mincing.
- › For the cucumber, the shredding is way easier if you use a food processor.
- › After shredding, use a clean lightweight cloth or some paper towels and press the moisture out of the shreds. I did not peel, but to each their own.
- › I use the lever-style press to squeeze the lemon straight in the mix, but you can use what you have, or just crush it in your hand. Use about 2-3 tablespoons.
- › Fresh is the key for the dill. Just separate the leaves from the stalks, and compress the leaves together and mince right through them.
- › Mix everything together and add some salt to taste.

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Cedar Plank Salmon

Ingredients:

Cedar plank (I get them at Earth Fare)

Salmon fillet (The more the plank is covered with salmon, the less it will burn or smoke. Choose your fillets wisely and don't be afraid to cut them to size)

Lemons, cut to suns

Green onions, diced

Butter

Olive oil to coat salmon

Salt and pepper, to taste

- › Soak your cedar plank as soon as possible before cooking—at least one hour. If you can soak it for days beforehand, it might not burn up on the grill. (If it does burn it up, it smells delicious and infuses even more smoky flavor into the fish.)
- › Lightly coat the salmon in olive oil and place on soaked plank. Grind salt and pepper over top.
- › Place lemon wheels/suns along fillet and add a pat of butter onto each lemon.
- › Pile the diced green onions on top of this.

- › Grill on high then high/medium heat for about 10-12 minutes. Do not flip the fish. It will get smoky and the wood might catch on fire. If you have a water spritzer you can use it to keep that down a little bit, but honestly I just let the wood burn.
- › Once cooked through, remove the fish from the grill, and serve with your favorite vegetables or side.

** Casey says to get the perfect grilled salmon, you should be slightly worried that the fish is under cooked when you take it off. If you are sure it's done, then you've probably dried it out.*

To create Casey's presentation, plate the rice first, then add a modest layer of tzatziki over it and place the salmon, with lemons and onions still on top, on top of the rice. Place the Brussels sprouts opposite the salmon and add the balsamic glaze. Pair with a Sauvignon Blanc from Governor's Bay New Zealand which is dry and exceptionally effervescent and voila! Dinner is served.