

Plank-prepared salmon or tuna a tasty departure from the norm

Salmon or Tuna prepared on cedar plank

Olive oil
One 8-ounce filet of salmon
per person
3 slices of orange per person
1 dill sprig per person

8-ounce filet of mahi tuna
3 lemon slices per person
3 sprigs of thyme per person

You will need 1 plank of cedar per person. Meat will be prepared on plank. Rub down plank with olive oil. Place fruit slices and dill or thyme on plank. After meat has been seasoned to taste, place meat on top of wood. Place wood on grill and let meat cook. Once meat is done, place plank on plate and top with tropical salsa (recipe follows). You can use any side item that works with meat of choice. This method can also be used to prepare and cook steak as well.

TROPICAL SALSA

1 ounce diced papaya
1 ounce diced mango
1 ounce diced pineapple
Pinch of cilantro
1 tablespoon of extra virgin
olive oil
Salt and white pepper to taste
Pinch of chives

Dice fruit and mix in bowl. Can chill if preferred.



Special to the Daily News/TERESA BURNHAM

How does cooking on the grill with cedar sound? Jason Craul of Rutherford's 465 will show this concept to viewers on Sunday's "On The Menu."

On the air

Sunday's "On the Menu" will feature Chef Jason Craul of Rutherford's 465, 465 Regatta Bay Blvd., Destin. Call 337-8888. "On the Menu" is produced by Okaloosa Gas District. Call 729-4723 or browse www.okaloosagas.com. The show airs Sundays at 8:30 a.m. on the WB Network, Channel 15 on Cox Communications' channel lineup.

On The
Menu

About Jason Craul

Chef Jason Craul began his cooking career like many other great chefs: as a dishwasher. He worked his way up to sous chef at Rutherford's 465, and through high school worked as a grill/sauté line cook at Bon Appetite, the Holiday Inn Gulf Breeze, then at Tops'1 Beach and Racquet Resort as lead cook.

Craul left the Emerald Coast and headed to North Miami Beach for culinary school. While there he worked for Nordstrom as the assistant chef and was a part of the opening of the biggest Nordstrom in Florida.

Craul has said, "The kitchen is my comfort place — always has and always will be."

Craul is now at Rock Star or Rutherford's 465 in Destin, creating many new dishes with a Miami flair.