

# Cedar Planked Salmon

---

**Method:** Planking

**Preparation Time:** 60 minutes

Western red cedar planks are the most commonly used form of grilling plank. If used properly, this cooking method will impart a wonderfully delicate and deep smoky flavour to the salmon.



## **Cedar Grilling Plank**

Grill Pro Ref. 00280

2 planks of 100% natural  
Canadian red cedar

## **Steps:**

Soak the board in water for at least one hour. (Use Grillpro Cedar Grilling Plank, Ref. 00280)

*Note: You can add any flavour you wish to the plank by using different liquids, e.g. Ginger Ale, Beer, Sea salt, lemon juice, etc. Different liquids will produce different outcomes.*

After removing the plank from the liquid, pat dry, and coat with olive oil on both sides of the plank.

*Note: You can use infused oil if desired to add different flavours.*

Brush your salmon fillets with olive oil (reg. or infused) and add your preferred seasoning. Place the salmon fillets on the smooth side of the plank. Preheat your barbecue at a med-low setting (300 degrees), place the plank on the grids, and shut the lid. Leave for 15-20 min.

*Note: When using a whole Salmon, the cooking time will increase to approx. 45-50 min.*

Check salmon for an opaque colour and flakey to the touch of a fork. Check on the thickest part of the fillet for doneness. Once done serve over your favourite mix of field greens and squeeze the juice of a lemon, a lime or orange over the fillet and enjoy.

*Special Note: Keep a water spray bottle nearby to extinguish any flaming on the plank. When removing and discarding the plank, immerse the plank in water again for safety and insurance that the plank is still not burning.*

