

Cedar Plank Salmon

Cedar plank cooking is such a great way to add some aromatic flavors to everyday cooking. In this recipe we start with some Steelhead, then add to that some oil, lemon, garlic and seasoning. Next we grill it over some high heat to char that cedar and release its amazing aromas. Enjoy, Chef Jason

Chef Jason K. Morse, CEC | Ace Hardware Grill Expert | Owner, 5280 Culinary

Yield: 2 People

Prep time: 10 Minute Prep

Total time: 20-30 Minutes Cook Time

Ingredients

<i>Measure</i>	<i>Ingredient</i>	<i>Prep Notes</i>
2 ea	Steelhead, Filets, 8 oz wt	Skinned and trimmed
1 Tbsp	Oil, Olive	
Taste	Rub a Dub, 5280 Culinary	
Taste	Garlic, Fresh, Crushed	
Taste	Lemon Juice, Fresh	
Taste	Fishy Fishy Rub, 5280 Culinary	
1 ea	Cedar Plank, Western Brand	Soaked in water for 2-3 hours
Garnish	Fresh Parsley and Sliced Lemon	

Prep Directions:

- Soak Cedar Planks in warm water for 2-3 Hours prior to grilling, remove and let rest on a cookie sheet
- FISH Selection – Check with your local grocery store or fish market
 - Steelhead – Native Trout
 - Free from bloodline
 - Skinless
 - 8oz thick steak cut
 - FRESH, Not frozen or previously frozen

Cooking Directions:

- *Preheat Weber Grill to 450 Degrees*
- Lightly Oil the Salmon Filet on both sides
- Mix the Rub A Dub, Oil, Garlic, Lemon Juice and Fishy Fishy Together
 - Adjust seasoning amounts as needed
- Season both sides of the Salmon with 2/3 of the seasoning/oil mixture – reserve 1/3 for later use
 - Allow to sit for 5 minutes to allow the rub to soak in and activate
- Place the soaked plank onto the grill, close the lid and let cook for 1-3 minutes
 - This will toast the first side of the plank, DO NOT BURN
- Open the lid and flip the plank to the clean side down, toasted side up
- Lightly brush the toasted side with oil to prevent food from sticking
 - If using skin on Steelhead, don't oil the plank, this will allow the skin to stick and make removing it much easier
- Place the seasoned steelhead on the toasted side of the plank and close the lid
- Cook the steelhead to the desired doneness, being careful not to burn or ignite the cedar plank
 - I recommend cooking Steelhead to a temp of 145°, this will be opaque in color and firm
- Should the plank start to burn or catch on fire, simply spray using a spray bottle filled with water to extinguish any flames
- If needed, move the cedar plank to a cool spot on your grill, or even the back shelf of the grill
- When the Salmon is getting close to your desired doneness (within the last 5 minutes of cooking)
 - Using a silicone brush
 - Baste top of the Salmon with more of the seasoning/oil mixture
 - Close the lid and allow glaze for 1-2 minutes
 - Remove from the Grill and place onto a platter
- Garnish with
 - Chopped Italian Parsley
 - Sliced Lemons

- *** WHEN DONE COOKING, DISCARD CEDAR PLANK. THEY ARE SINGLE USE***

Products Used:

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| ● Weber Genesis II Indigo | Ace Sku # 8017320 |
| ● Cedar Plank, Western | Ace Sku # 8379091 |
| ● Cedar Plank, Weber | Ace Sku # 8321846 |
| | |
| ● Fishy Fishy Rub – 5280 Culinary | Ace Sku # 8561938 |
| ● Rub A Dub – 5280 Culinary | Ace Sku # 8562050 |