



Easy and Delicious Cedar Plank Salmon

Prep Time: 60 min.

Cook Time: 10 min.

Servings: 4

- Untreated Cedar Plank
 - Olive or Avocado oil of good quality
 - 4 Salmon Fillet Portions
 - Tim's Salmon Rub
- (King, Sockeye, or Silver) or 1 Whole side Fillet (Sockeye or Silver)
- 1. Wood Planks:** Soak untreated plank for at least 1 hour prior to use in cold water. Completely submerge the plank by placing a heavy item on top of it in a shallow metal cooking sheet.
 - 2. Heat BBQ:** Pre-heat your barbeque to at least 450°F. The hotter you can get your barbeque the better.
 - 3. Salmon Fillet Preparation:** Rinse fillets with cold water and pat completely dry, skin side down, onto your prepped cedar plank. Then drizzle a good quality Extra Virgin Olive Oil or Avocado Oil to both sides of the fillet.
 - 4. Good Salmon Rub is the Key:** Season liberally with Tim's Salmon Rub; completely cover the whole meat side of the fillet with rub. **OPTIONAL:** In addition to Tim's Salmon Rub, sprinkle with fresh herbs - as many as you like (some ideas are fresh chopped garlic, capers, green onions, dill, thyme, lemon or lime slices, chives, red onions etc.).**

Now place the loaded plank directly on the grill and close the cover. If you have the temperature correct, a thick King Salmon fillet will take 10 - 12 minutes, a Sockeye or Coho fillet will take 8-10 minutes. Be sure to keep the lid on. The wonderful flavors created from the burning plank will enhance the salmon - but only if you leave it covered during the cooking process. Ideally, if your plank has caught on fire or your barbeque is over 500°F, you will want to check your salmon earlier because your fish will have cooked faster. Check King after 10 minutes and Sockeye/Silver after 8 minutes. If your grill doesn't go over 450°F, Sockeye/Coho can take up to 15 minutes and King could take up to 20 minutes. To check for doneness, lightly open the middle section of the thickest part of the fillet. A cooked fillet will be firm and easily flake. Use your metal pan you set aside earlier to help remove your Cedar Planked Salmon from grill. Remember, the fish will continue to cook after you take it out of the bbq.



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