

Cedar Plank Salmon

Ingredients:

1 untreated cedar or alder plank

1 (1 1/2-pound) salmon fillet

Sea Salt and fresh cracked pepper to taste

Lemon slices

Garnish with green onions, and lemon zest

Directions:

1. Soak cedar plank in water at least 30 minutes.

2. Remove pin bones from salmon, if necessary, and coat fish evenly with salt and pepper.

3. Drain plank, and grill over medium-high heat (350° to 400°) for 3 minutes or until grill marks appear. Remove from grill. Place salmon, skin side down, on heated side of plank. Top with lemon slices.

4. Place planked salmon on grill, cover, and grill 20 minutes or until desired degree of doneness. I normally cook my salmon to the high end of medium-rare and let it rest until it's medium. You can do this by watching for the white fat coming up to the surface of the fillet (omega 3's) when I see this I remove the fish from the grill. (Check occasionally to make sure edges of plank don't ignite.) Garnish, if desired.

Yield: 4 Servings