

## A CenFully Good Recipe from



### Grilled Plank Salmon

#### Ingredients:

Wild salmon fillets (6 oz portions – look for King, Sockeye or Coho)  
Pinch of Kosher salt  
Freshly Ground Black Pepper  
Olive Oil  
Lemon wedges (garnish)  
Alder or Cedar Grill Plank

#### Preparing the Alder Plank:

Remove the plank from the plastic wrap.  
Place the plank in a sink, clean dish tub or pot & fill with water.  
Place something heavy on the plank to completely submerge it in the water.  
Soak the plank for a minimum of 1 hour, but overnight or all day is best if you want to re-use the plank the maximum number of times.

Place salmon filets on a plate skin side down.  
With a knife, score the fillets at a 45 degree angle every ½ inch.  
Coat one side of the Salmon Fillets with a light layer of olive oil. Sprinkle with salt and pepper.

Cut your lemon into 4-6 wedges and set aside.

#### Cooking Time (15-20 Minutes)

Pre-heat the grill. If charcoal, place the fire to one side. If gas, light both burners on high for 10 minutes.

Place the plank on the hot coals side of the grill for 5 minutes or until it begins to smoke or directly over one burner on the gas grill until smoking.

Move the plank to the indirect heat side of the charcoal grill or turn off the burner on the gas grill under the plank.

Drizzle a small amount of olive oil on the plank. Spread w/ Basting Brush.

Place the Salmon Fillets skin side down on the grill plank & close grill lid. The Salmon will be ready when there are white lines thru the fillets & they have become flakey when touched with a fork. Do not overcook! The fillets will still be cooking when you remove

them from the plank.

For oven cooking, just pre-heat the oven to 350 degrees. Place the plank on the oven rack. Cooking time should be 10-15 minutes.

Plating:

Remove the Cooked Fillets from the plank, moving the directly to the plate.

Turn off the grill. Place the Plank in cold water to extinguish. (The Plank is generally good for up to 5 "firings")

Place a couple of lemon wedges on each plate as a garnish.