

Everything BARBEQUE

Outfitting Backyard Chefs



Plank Grilled Salmon – Serves 4

- 1 cedar plank (6 by 14 inches)
- 2 pounds salmon – 1 large or 4 pre-cut – skin removed
- 1 cup orange juice
- ½ tsp sea salt
- ¼ tsp fresh ground black pepper
- 1 TBS grated lemon rind
- ½ TBS grated orange rind
- ½ tsp dried chives
- ½ tsp dried thyme
- ½ tsp dried oregano
- ½ tsp dried tarragon

Directions

6 hours before grilling – place salmon in sturdy ziplock bag with all other ingredients. Gently massage fillets through the bag and refrigerate until ready to cook. 2 hours before grilling, soak cedar plank. 15 minutes before grilling, lay the salmon (on what was skin-side down) on the plank.

Set grill for indirect grilling and heat to medium-high. Place the cedar plank in the center of the hot grate, away from the heat. Cover the grill and cook until cooked through, around 20 to 30 minutes. The internal temperature should read 135 degrees F and the fish should flake with a fork. Transfer the salmon and plank to a platter and serve right off the plank.

Check the plank occasionally. If the edges start to catch fire, mist with water, or move the plank to a cooler part of the grill.