

Idiot's Kitchen Recipe – Cedar Plank Salmon

Recipe from www.idiotskitchen.com



Ingredients:

Cedar Grilling Plank – available at many grocery stores, Williams Sonoma, Costco, etc.

¾-1 pound salmon fillet – wild caught salmon such as Copper River or Sockeye HIGHLY recommended

2 teaspoons whole grain mustard

2 teaspoons brown sugar

3 sprigs fresh rosemary

Salt & Pepper

Soak the plank in a sink or large bowl of water for at least 20 minutes.

Preheat the grill to medium high. If you don't have access to a grill, preheat the oven to 350 degrees.

Season the salmon with salt & pepper to taste. Stir together 2 teaspoons of whole grain mustard and 2 teaspoons brown sugar and coat the top of the salmon with the mixture.

When the plank has thoroughly soaked, remove it from the water and place the seasoned salmon skin side down on the plank. Place 3 sprigs of fresh rosemary on top of the mustard coating.

Turn the heat down to medium and place the plank and salmon directly on the grill. You want the heat high enough for the plank to smolder but not so high that it catches on fire.

Cook the salmon until it is firm to the touch, done in the middle, and flakes easily. Depending on the thickness of your fish, this should take 15-20 minutes.

Cut into serving pieces and serve directly from the plank.

Note: Most planks are so thin that I only use them once. However, feel free to cut your planks in half if you are cooking a smaller portion of fish.

You can easily expand this recipe for any number of servings. Plan on 6-8 oz. of fish per person. The topping can be expanded as well using 1:1 ratio of mustard to brown sugar.