

Cedar Plank Cooking

While traditionally used for Salmon, we have found so many great ways to get that beautiful aroma of cedar in our foods. Try it on steaks, chicken, pork chops and even veggies. This recipe showcases some fresh tuna with a cool pacific rim flair.

Chef Jason K. Morse, CEC | Ace Hardware Grill Expert | Owner, 5280 Culinary

Yield: 2 People

Prep time: 10 Minute Prep

Total time: 20-30 Minutes Cook Time

Ingredients

<i>Measure</i>	<i>Ingredient</i>	<i>Prep Notes</i>
2 ea	Tuna Steaks, Yellowfin, 8 oz wt	Skinned and trimmed
1 Tbsp	Oil, Avocado	
Taste	Rub a Dub, 5280 Culinary	
Taste	Garden Rub, 5280 Culinary	
1 ea	Cedar Plank, Western Brand	Soaked in water for 2-3 hours
Taste	Happy Ending BBQ Sauce, 5280 Culinary	Season to taste

Serve With Fried Rice, Vegetables or Noodles

Garnish With Fresh Cilantro and Shaved Green Onions

Prep Directions:

- Soak Cedar Planks in warm water for 2-3 Hours prior to grilling, remove and let rest on a cookie sheet
- FISH Selection – Check with your local grocery store or fish market
 - Yellowfin Tuna
 - Free from bloodline
 - Skinless
 - 8oz thick steak cut
 - FRESH, Not frozen or previously frozen

Cooking Directions:

- *Preheat Weber Grill to 400 Degrees*
- Lightly Oil the Tuna steak on both sides
- Season both sides of the Tuna to taste first with the Rub a Dub, then top with the Garden rub
 - Allow to sit for 5 minutes to allow the rub to soak in and activate
- Place the soaked plank onto the grill, close the lid and let cook for 1-3 minutes
 - This will toast the first side of the plank, DO NOT BURN
- Open the lid and flip the plank to the clean side down, toasted side up
- Place the seasoned tuna on the toasted side of the plank and close the lid
- Cook the tuna to the desired doneness, being careful not to burn or ignite the cedar plank
- Should the plank start to burn or catch on fire, simply spray using a spray bottle filled with water to extinguish any flames
- If needed, move the cedar plank to a cool spot on your grill, or even the back shelf of the grill
- When the Tuna is getting close to your desired doneness (within the last 5 minutes of cooking)
 - Using a silicone brush
 - Baste top of the Tuna with happy ending bbq sauce
 - Close the lid and allow the sauce to glaze for 1-2 minutes
 - Remove from the Grill and place onto a platter
- Continue to cook until the tuna is cooked/roasted/grilled to your doneness preference
 - I like the tuna cooked to 145 degrees, that will produce a medium well piece of fish that is still juicy and tender in the center
- Garnish with
 - Shaved Green Onion
 - Chopped cilantro
- Serve with
 - Fried Rice
 - Roasted Vegetables
 - Asian Noodles or Ramen

Products Used:

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| • Weber Genesis II Indigo | Ace Sku # 8017320 |
| • Cedar Plank, Western | Ace Sku # 8379091 |
| • Cedar Plank, Weber | Ace Sku # 8321846 |
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| • Fishy Fishy Rub – 5280 Culinary | Ace Sku # 8561938 |
| • Rub A Dub – 5280 Culinary | Ace Sku # 8562050 |
| • Garden Rub – 5280 Culinary | Ace Sku # 8561920 |
| • Happy Ending BBQ Sauce – 5280 Culinary | Ace Sku # 8560245 |