

Cedar Plank Salmon

Today we are combining 2 amazing flavors into 1 cooking process, the Big Green Egg charcoal flavor and that aromatic flavor from the Cedar Planks. Cedar plank cooking is such a great way to add aromatic flavors to everyday cooking. In this recipe we start with some Steelhead, then add to that some oil, lemon, garlic and seasoning. Happy Cooking, Chef Jason

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	Steelhead, Filets, 8 oz wt	Skinned and trimmed
1 Tbsp	Oil, Olive	
Taste	Rub a Dub, 5280 Culinary	
Taste	Garlic, Fresh, Crushed	
Taste	Lemon Juice, Fresh	
Taste	Fishy Fishy Rub, 5280 Culinary	
1 ea	Cedar Plank, Western Brand	Soaked in water for 2-3 hours

Garnish With **Fresh Parsley and Sliced Lemon**

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
 - Steelhead – Native Trout
 - Or
 - Salmon – King, Coho or Copper River
 - Free from bloodline
 - Skinless
 - 8oz thick steak cut
 - FRESH, Not frozen or previously frozen

Cooking Directions:

- Load Big Green Egg with Fire Bowl, setup to divide the fire bowl for dual zone cooking
- Light the Big Green Egg and adjust temperature to 400° and hold
 - If desired, add 1 medium chunk of Oak wood to the charcoal and let smoke begin to flow
- Setup the Big Green Egg with EGGspander system
 - Lower cooking grate over charcoal side / direct side
 - Upper cooking grate over the indirect side
- Mix the Tiki Tiki, Oil, Garlic, Lemon Juice and Fishy Fishy Together
 - Adjust seasoning amounts as needed
- Brush both sides of the Steelhead with the seasoning/oil mixture – reserve some for later use
 - Allow to sit for 5-10 minutes to allow the rub to soak in
- Place the soaked plank onto the Big Green Egg over the direct cooking side, close the lid and let cook for 3-5 minutes or you start to smell cedar or hear wood popping/crackling
 - 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
- Lightly brush the toasted side with oil to prevent fish from sticking
 - If using skin on Steelhead, don't oil the plank, this will allow the skin to stick and make removing it much easier
- Place the seasoned steelhead on the toasted side of the plank, load the plank onto the direct side of the Big Green Egg
- Cook over direct heat for 5-6 minutes or until you smell the wood toasting
 - This helps heat the wood, open the cedar aroma up and start the fish off cooking
- Move the cedar plank to the indirect side of the Big Green Egg
- Cook the steelhead to the desired doneness, being careful not to burn or ignite the cedar plank
 - Total cook time will vary from 25-35 minutes depending on doneness
 - I recommend cooking Steelhead/Fish to a temp of 145°, this will be opaque in color and firm
- Should the plank start to burn or catch on fire, simply spray using a spray bottle filled with water to extinguish any flames
- When the Steelhead is getting close to your desired doneness (within the last 5 minutes of cooking)

- Using a silicone brush
- Baste top of the fish with more of the seasoning/oil mixture
- Close the lid and allow to cook for 1-2 minutes
- Remove from the Grill and place onto a platter
- Garnish with
 - Chopped Italian Parsley
 - Sliced Lemons

- *** WHEN DONE COOKING, DISCARD CEDAR PLANK. THEY ARE SINGLE USE***

Products Used:

- Big Green Egg, XL
- Cedar Plank, Western
- Charcoal, Big Green Egg
- Eggniter, Big Green Egg
- Fishy Fishy Rub – 5280 Culinary
- Tiki Tiki Rub – 5280 Culinary

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