Cedar Plank Salmon

Cedar plank cooking is such a great way to add aromatic flavors to everyday cooking. In this recipe we start with some wild caught Alaskan Salmon, then add some oil, Rub-A-Dub and Fishy Fishy. Next, we grill it on the Traeger and add wood fired fun to that cedar aroma. Enjoy, 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 Minutes Cook Time

**Cook Temp:** 450˚ F

# Ingredients

### *Measure* ***Ingredient Prep Notes***

### 2 ea **Salmon, Filets, 8 oz wt Skinned and trimmed**

### 1 Tbsp **Oil, Olive**

### Taste **Rub a Dub, 5280 Culinary**

### Taste **Fishy Fishy Rub, 5280 Culinary**

### 1 ea **Cedar Plank, Western Brand Soaked in water for 2-3 hours**

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### Garnish With **Fresh Parsley, Sliced Lemon and Salted Butter**

# Prep Directions:

* Soak Cedar Planks in warm water for 30 Minutes prior to grilling
* FISH Selection – Check with your local grocery store or fish market
  + Salmon
  + Free from bloodline
  + Skinless
  + 8oz thick steak cut
  + FRESH, Not frozen or previously frozen

# Cooking Directions:

Wash all tools prior to use

Clean and sanitize all cutting boards and prep surfaces prior to use

Read all manufacturer’s instructions before using grills, or any cooking tools

Clean out Traeger as needed and change drip tray liner

Place bottom grill grate into the LOWER position (if you have an Ironwood)

Fill pellet hopper with Reserve Blend Pellets

Set Traeger to 450˚ F, hit enter and hit ignite

While Traeger is heating up:

Lightly Oil the Salmon Filet on both sides

Season both sides of the Salmon with Rub-A-Dub and Fishy Fishy

Allow to sit at room temp while the grill heats to temp

Remove planks from the water and place on the counter

Place the seasoned salmon on the plank and place plank into the Traeger

Cook the salmon to the desired doneness

I recommend cooking Salmon to a temp of 145˚ F, this will be opaque in color and firm

Using tongs, remove salmon when desired doneness is reached

Garnish with

Salted Butter and Lemon Juice

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

# Products Used:

* Traeger Ironwood 885 **Ace Sku # 8030462**
* Cedar Plank, Western **Ace Sku # 8379091**
* Reserve Blend Pellets **Ace Sku # 8015887**
* Fishy Fishy Rub – 5280 Culinary **Ace Sku # 8561938**
* Rub A Dub – 5280 Culinary **Ace Sku # 8562050**