



CEDAR PLANK SALMON

Serves 4

2lb Salmon Filet with Skin (1-1 ½ inches thick)
2 tablespoons grainy mustard
2 tablespoons of mild honey or pure maple syrup
1 teaspoon minced rosemary
1 tablespoon of grated lemon zest
½ teaspoon each of Salt & Pepper
1 cedar 6x 12 inch Cedar Grilling Plank (*available at Burke's*)

Soak cedar plank in water for 2 hours, keeping it immersed. 2 hours is a good rule of thumb, but the longer the better.

Prepare grill for direct-heat cooking over medium-hot charcoal (medium-high for gas grills). It's important that the flame of the grill is not reaching the plank. (High heat is more important than a strong flame, so be patient). If you are concerned about too big of a flame, place a baking sheet between the plank and grill surface.

Stir together mustard, honey, rosemary, lemon zest and salt & pepper. Spread mixture on flesh side of salmon and let stand at room temperature for 15 minutes.

Lightly brush the plank with olive oil, place on the grill, and cover. The plank is ready for cooking when it begins to smoke and crackle, about 5 minutes. Put salmon on plank, skin side down. Grill, covered with lid until salmon is just cooked through and edges are browned, 13 to 15 minutes. Let Salmon stand on plank for 5 minutes before serving.

Source: Gourmet Magazine 2009