



CEDAR PLANK SESAME GINGER SALMON

Serves 2

3 tablespoons and 1-3/4 teaspoons vegetable oil
1 tablespoon rice vinegar
3/4 teaspoon sesame oil
3 tablespoons and 1-3/4 teaspoons soy sauce
2 tablespoons and 2 teaspoons chopped green onions
2 teaspoons grated fresh ginger root
3/4 teaspoon minced garlic
1lb salmon fillet, skin removed
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.

In a shallow dish, stir together the vegetable oil, rice vinegar, sesame oil, soy sauce, green onions, ginger, and garlic. Place the salmon fillets in the marinade and turn to coat. Cover and marinate for at least 15 minutes, or up to one hour.

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. The boards are ready for cooking when they start to smoke and crackle just a little, about 5 minutes.

Brush a light coating of cooking oil on the plank and place the salmon fillets onto the planks and discard the marinade. Cover, and grill for about 20 minutes. Fish is done when you can flake it with a fork. It will continue to cook after you remove it from the grill.

Source: Gourmet Magazine 2009