

Cedar Plank Salmon Recipe

Planked salmon is a method of cooking and smoking salmon that has been used for many years. Make sure to use natural red cedar (no preservatives). The salmon is slow cooked, which produces a rich, smoky flavor.

24" x 8" x 1" untreated cedar plank

6 (4 ounce) fillets salmon

1/2 cup extra virgin olive oil

onion, slices

lemon

1. Submerge untreated cedar plank in water. Soak 12 hours or overnight.
2. Preheat an outdoor grill for high heat. Place prepared plank on the grill, and sprinkle with coarse salt. Cover grill and heat plank 2-3 minutes until dry. Adjust grill temperature for medium heat.
3. Rub salmon fillets with olive oil. Arrange on plank. Top salmon with onion, lemon slices, and whatever spices you enjoy on salmon.
4. Cook salmon, covered 20-30 minutes, or until opaque and easily flaked with a fork.

When you purchase a whole fresh troll-caught Oregon Ocean Chinook Salmon from Newman's or Newman's Grotto, you can be assured that only the highest quality standards have been followed. Each salmon is cleaned and dressed at sea and held at an optimum temperature until the boat returns to shore and the fish sold.