
KITCHEN CONNAISSEUR

Cedar-Planked Maple Salmon



Cedar barbecue planks create the magic in this recipe because they burn to create a smoky flavour, the moist wood prevents the salmon from drying out, and the wood plank keeps the fillets from overcooking on one side, so it's not necessary to turn the fish during the cooking process. The result - a beautiful fillet of salmon...sweet, smoky, moist and firm!

We have included this recipe in our Quick and Easy category, as it is very simple to prepare and doesn't use a lot of ingredients. However, you do need to remember to allow time to soak your cedar plank prior to using it on the grill.

Serves 4. Preparation time 20 minutes.

ingredients

4 large (6 oz each, 1"-2" thick)

3-4 Tbsp

1/2 cup

1

Salmon fillets - fresh, skin intact or removed

Rub for BBQ

Maple Cappuccino Sauce

Cedar plank, soaked according to package instructions

instructions

1. Soak the plank according to package directions
2. Preheat the grill to 365 – 400 F. (Medium high heat)
3. Spread the Rub For BBQ out on wax paper or a large plate. Press the salmon fillets into the dry rub, assuring to coat all sides.
4. Place the Maple Cappuccino Sauce in a microwaveable dish. Heat the sauce on high for 40 seconds or until it just boils. Brush the sauce on the salmon fillets.
5. Place the pre-soaked plank on the grill, close the lid, and heat until the plank begins to smoke and you hear a crackling sound. Place the salmon, skin side down, on the plank. Close the lid on the grill and leave until the salmon is cooked – approximately 8-10 minutes
6. Using a lifter remove the salmon fillets from the plank and place each piece on a dinner

plate. Serve hot with grilled vegetables and a fresh salad. Enjoy!

7. Allow the plank to cool completely before removing from the barbecue – refer to package instructions.