

Plank-Grilled Salmon

- 2 planks of food-appropriate cedar wood (or wood of choice)
- 1 filleted salmon
- Olive oil
- Salt and pepper
- Fresh dill sprigs
- Fresh lemon slices

Soak the wood for a minimum of 20 minutes, longer if possible. The wood WILL burn so the more soaked it is, the better. Even if it is super wet, it will still smoke and flavor the meat.

Lay half of the filleted salmon on one plank, rub it with olive oil, salt and pepper it, then layer fresh dill sprigs and lemon slices on it. If the salmon you are grilling is too long for the board, simply cut it into several pieces to fit the other direction on the plank.

Heat a grill to high, then lower the temp to medium before putting the planks on. After it gets cooking good, lower the heat so the salmon cooks evenly, the wood smokes appropriately enough to flavor the meat, and doesn't burn too much in the process. Cook the salmon until it flakes easily when separated, but isn't too firm. If you cook it until it is too firm, it will be dry and less palatable.

Run a large metal spatula between the skin and the meat (hopefully) and transfer it carefully to a large platter. If you don't get a clean separation between the skin and the meat, don't worry. Each diner can remove what they choose not to eat.

