

# Cedar Planked Salmon

Serves 1

*Cooking salmon on a cedar plank is a time-honored tradition in the Pacific Northwest and with good reason. The plank helps the fish retain moisture while infusing it with the smokey flavor of the wood. Serving the salmon on individual cedar shakes or larger family style planks is very aromatic...and fun!*

## Ingredients

1 ea. untreated cedar shake  
1 Tbsp. olive oil  
Kosher salt  
6 oz. center cut salmon fillet, skin off and pin bones removed  
1 ea. lemon wedge

## Method

### Oven Temperature: 525-575 degrees

This recipe is for an individual portion. You can easily multiply it by the number of guests and either use that number of individual shakes or use larger planks for more of a family style presentation. Either way, rinse and then soak them for about 15 minutes in water.

### Flame Height: 4

Rub the salmon with a little oil and sprinkle with salt. Drizzle a little oil on the cedar shake as well, to ensure that the salmon won't stick. Place the thickest part of the salmon on the thinnest part of the shake.

Place the shake **in front of the flame** with the thick part of the salmon closest to the flame and roast for 5 minutes.

Return plank to just **in front of the flame** and cook for another 2 or 3 minutes.

Serve on the plank with a lemon wedge.

**Note:** Every now and again the plank may go up in flames! Not to worry...remember the best place to have a fire is in your oven. Have your lemon wedges handy and squeeze them over the flame to extinguish it.

This simple Salmon recipe can also be accompanied by Roasted Asparagus and Potatoes or drizzle the salmon with a scented oil or an herb butter when it comes out of the oven.



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