

Cedar Planked Trout with Pancetta

Serves 1

Besides being truly delicious, trout is also one of the fish that we can eat without guilt as it is considered environmentally sustainable. The plank helps the fish retain moisture while infusing it with the smoky flavor of the wood.

Ingredients

1 ea. untreated cedar shake
2 oz. pancetta, cut into brunoise or small dice
1 ea. boneless trout
1 Tbsp. olive oil
Kosher salt
freshly ground pepper
1 ea. lemon wedge

Method

Oven Temperature: 550-580 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 or for up to a day.

Flame Height: 1.6

Place the pancetta in a small pan and place it in the **center** of the oven, stirring now and then for about 5 minutes or until fat has rendered and pancetta has crisped. Drain on paper towels.

Rub the trout inside and out with a little oil and sprinkle with salt, pepper and drained pancetta. Putting a little inside the cavity of the trout will ensure the extra bit of rich flavor. Place the head of the trout on the thinnest part of the shake.

Flame Height: 3.6

Place the shake horizontally **in front of the flame** (about 4 inches from the flame) and roast for 5-7 minutes. Rotate the trout as needed to even out the cooking.

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.



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