

For a summer part try the Cedar-Planked Salmon. As it grills on the cedar plank, the salmon is infused with complex flavors. Once it's finished, whisk from the grill to the table — leave on the plank for a beautiful presentation.

Cedar-Planked Salmon

Ingredients

- 1 Cedar plank for grilling (available at most supermarkets or BBQ shops) (about 16 in. long, 7 in. wide, and ½ in. thick)
- 1 whole salmon fillet with skin (about 3 lbs.) **Recommend fresh Alaskan Sockeye Salmon.**
- 3 tablespoons lemon juice
- 2 tablespoons extra virgin olive oil
- ¼ cup minced fresh chives
- ½ teaspoon kosher salt
- Fresh whole chives (optional)

Prep time: About 15 minutes, plus at least 2 hours to soak plank (to avoid scorching on grill)

Grill time: 25 to 30 minutes

Makes: 6 to 8 servings

Notes: Salmon will continue to cook on the hot plank after it's removed from the grill, so serve immediately.

Preparation

1. Place cedar plank in a sink or a deep pan large enough to hold it lying flat. Add water to cover plank; if necessary, place another pan on top to keep plank submerged. Let plank soak at least 2 hours (to avoid scorching on grill).
2. Prepare barbecue grill and preheat for indirect-heat cooking (the charcoal or gas flame is balanced on the sides, not directly under the food).
3. Rinse salmon and pat dry. Remove plank from water and pat dry. Place salmon skin-side down on plank. Trim the salmon to fit plank, if necessary. In a small bowl, whisk together lemon juice, oil, and minced chives. Spoon mixture evenly over salmon, then sprinkle with salt.
4. Set plank on center of grill (not over direct heat). Cover charcoal grill and open vents; close lid on gas grill. Cook until salmon is opaque but still moist-looking in center of thickest part (cut to test), 25 to 30 minutes.
5. Serve salmon on plank or transfer to a clean platter (see notes); if desired, garnish with fresh whole chives. To serve, cut salmon into pieces and slide a spatula between meat and skin.

Per serving: 357 calories, 58% (207 calories) from fat; 35 g protein; 23 g fat (4.4 grams saturated); 0.5 g carbohydrate (0.1 g fiber); 105 mg sodium; 103 mg cholesterol

