

Cedar-planked Salmon

Serves 5

Ingredients

- 1 kilo (2.2 lbs) salmon, skin intact, pin bones removed
- 1 cedar plank, soaked at least 15 minutes (if not using a cedar plank, use a baking sheet)
- 1 Tbsp vegetable oil
- 3/4 tsp kosher salt (or 1/2 tsp table salt)

Cooking Instructions

Bring the fish to room temperature.

Preheat a barbecue (or oven) to 275°F or the lowest setting possible. It's fine if the temperature reaches 300°F but keep a close eye on it.

Place the fillet on the soaked cedar plank, skin-side down and brush with oil. (If your salmon is larger than your plank, place a baking sheet under the plank when grilling.) Brush the fish with oil and sprinkle evenly with kosher salt.

Place the planked salmon on the grill and close the lid, being mindful to monitor the heat. If the heat starts creeping up, crack the hood open half an inch. (On my BBQ, I wedge a baking sheet between grill and lid to better control the heat.)

If you prefer your salmon slightly undercooked in the center, as I do, remove it from the heat, and tent it with foil, before the entire fish is dotted with the milky white liquid (coagulated protein) that surfaces as the fish cooks. My barbecue cooks a kilo of salmon to medium-rare, at its center, in about 30 minutes. All barbecues are different so keep an eye on the milky residue and test for doneness by inserting the tip of a knife in the thickest portion of the belly: medium to medium-rare is slightly translucent and will not flake as easily as the thinner portions. When in doubt, taste!