
Cedar Planked Salmon with Dijon and Brown Sugar

Adapted slightly from a Steven Raichlen recipe, Food Network

Internet Address: <http://www.foodnetwork.com/recipes/bbq-with-bobby-flay/cedar-plank-salmon-recipe/index.html>



Cedar Planked Salmon with Mustard and Brown Sugar

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one cedar plank (6 by 14 inches)

1 1/2 pounds salmon fillets

Salt and freshly ground black pepper

3 tablespoons Dijon mustard

3 tablespoons brown sugar

Carolyn T's Blog - Tasting Spoons
<http://tastingspoons.com>

Servings: 4

1. Soak the cedar plank(s) under water for 2 hours or more.
2. Preheat grill to medium-high. Place the cedar plank on the grill, cover and allow to pre-heat for about 4 minutes.
3. In the kitchen, spread the salmon fillets with a coating of Dijon, then sprinkle the brown sugar evenly on top. Do this just before you're ready to grill - otherwise the sugar will begin to melt off the fish, even sitting at room temp.
4. When the cedar plank is super-hot, carefully turn the plank over with tongs and place the fish on top/center of the plank. Close lid, reduce heat just slightly (you don't want the plank to burn, if at all possible). Depending on the thickness of the fish, cook for 10-15 minutes, or until the internal temperature reaches 135° (use an instant-read thermometer). If the edges of the plank start to catch fire, have a spray bottle of water handy and carefully spray the wood (not the salmon) and perhaps lower the heat slightly. Remove from grill and serve immediately.

Yield: 4 servings

Per Serving (excluding unknown items): 231 Calories; 6g Fat (25.5% calories from fat); 34g Protein; 7g Carbohydrate; trace Dietary Fiber; 89mg Cholesterol; 258mg Sodium. Exchanges: 5 Lean Meat; 0 Fat; 1/2 Other Carbohydrates.