

# **Cedar Plank Salmon With Orange Ginger Sauce**

Courtesy of Carole's Creations

Additional Prep Time: 2 hours for soaking

Marinating time: 20 minutes

Prep Time: 10 minutes

Cooking Time: 30 minutes

Serves: 4



**CC**hints: Salmon is a very healthy fish that is high in omega 3 acids. Select a thick piece that doesn't have too much fat. Fat appears as white lines in the flesh. Try to select pieces that are a rich pink color. Also, you want salmon without the skin. If you are buying it with the skin, most markets will remove it for you if you ask. Cook within 1 day of purchase. You can buy cedar planks at some markets, cooking shops or even some of the small local hardware stores carry them...just make sure you get cedar planks packaged for cooking food. This recipe calls for Ponzu Sauce. This is a Citrus flavored soy sauce that is lighter in sodium than lite soy sauce.

Cedar Planks – 2 - 4 pieces depending on the size of your filets and planks

4 salmon filets, about 1 inch thick, no bones and skinned

4 tablespoons white wine

1 tablespoon brown sugar

1 tablespoon Ponzu Sauce

2 teaspoons fresh grated ginger or ginger paste

3 tablespoons orange marmalade

1 glove of minced garlic, fresh or from a jar

1 tablespoon fresh oregano, chopped

2 tablespoons fresh lemon juice

Olive oil for brushing

Soak the cedar planks in water according to package directions for 2 hours. Near the end of these 2 hours you can start of some of the recipe. During the last 20 minutes you can prepare the marinade. And you know how long it takes your gas grill to get to 375 degree F. so plan on starting the grill so it is hot when the 2 hours has ended.

Rinse the fish in water, pat them dry and lay them in a large sealable plastic bag. In a mixing bowl combine the wine through garlic and stir well. Pour the marinade into the bag with the fish and seal the bag, getting out most of the air. Gently move the fish around in the marinade so each piece gets coated. Locate a platter or pan that will allow the bag to lay flat and put it the refrigerator for 10 minutes. The pan will help keep the refrigerator clean incase the bag leaks. After 10 minutes, remove the fish from the refrigerator and carefully flip the bag over and this time, do not put it back in the refrigerator.

When the planks have finished soaking and the grill is ready, remove them from the water and pat them with a paper towel as you take them to the grill. Turn the heat off under the cedar plant(s) so the salmon is cooked on indirect heat. Open the grill and let them sit on the side that does not have heat for 10 minutes. Use a pastry brush to spread a thin coat of oil on the planks so the fish doesn't stick. Carefully remove each piece of fish from the bag and lay it on a cedar plank. Keep the remaining marinade. Place the fish on the grill, cover and cook for 20 minutes until the fish flakes in the thickest areas.

During this time, do a little clean up and prepare any side items that will be served with your salmon. The goal is to have everything ready and at serving temperature when the fish is ready. Locate a small sauce pan and pour in the remaining marinade. Stir in the oregano and

lemon juice and turn the heat to medium, cooking for 2 minutes. Remove from the heat and serve over the fish when it is plated.

When the fish is done transfer the pieces to a serving platter and brush on the marinade sauce. Serve with your side items and enjoy.