

Teriyaki Cedar Plank Salmon

Courtesy of Carole's Creations

Additional Prep Time: 2 hours for soaking

Marinating time: 15 minutes

Prep Time: 10 minutes

Cooking Time: 30 minutes

Serves: 4

CChints: 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.



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

12 Shrimp, peeled and deveined

1/4 cup Teriyaki with Pineapple Juice (Bottled marinade)

1/4 cup Orange Marmalade

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 and shrimp in water, pat them dry and lay them in a large sealable plastic bag. In a mixing bowl combine Teriyaki marinade and orange marmalade 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 15 minutes. The pan will help keep the refrigerator clean incase the bag leaks. After 7 minutes, remove the bag 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 plank(s) so the fish 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 salmon from the bag and lay it on a cedar plank. Leave the shrimp in the bag for now. Place the salmon on the grill, cover and cook for 10 minutes. Add the shrimp, cover and cook for 10 minutes until the fish flakes in the thickest areas and the shrimp are opaque.

During this time, do a little clean up and prepare any side items that will be served. The goal is to have everything ready and at serving temperature when the fish is ready.

When the salmon and shrimp are done transfer the pieces to a serving platter. Serve with your side items and enjoy.