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KITCHEN KNEADS

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Cedar Plank Salmon with a Simple Arugula Salad

Serves 2

Cedar plank grilling is an easy grilling method -- especially for salmon. The cedar planks safely support delicate foods while also infusing great flavor. The salmon becomes slightly smoky in flavor while remaining very tender and moist. A simple side salad of arugula complements the salmon well and completes this satisfying and healthy meal.

For Grilling:

1 cedar plank, soaked in water for 1-2 hrs before grilling

Salmon:

1 lb salmon fillet (with skin), 1-1/2 inches thick,
pin bones removed, fillet cut in half.
1 tablespoon fresh lemon
1 tablespoon olive oil
1/2 teaspoon salt
1/2 teaspoon pepper

Salad Dressing:

1 tablespoon minced shallot
2 teaspoons red wine vinegar
1 tablespoon fresh lemon
2 tablespoons extra-virgin olive oil
1 teaspoon Dijon mustard
1 teaspoon dried oregano

Salad Ingredients:

8 oz arugula
1 cup ripe cherry tomatoes, halved
1/4 cup finely chopped fresh basil
1/4 cup finely chopped fresh mint
1/2 cup crumbled goat milk feta cheese

Directions:

1. Before grilling, soak the cedar plank in water for 1-2 hours.
2. Heat the grill to medium-high heat, about 450°F. Lay the plank directly on the grill and close the lid. Cook plank for about 10 minutes, or until the plank begins to smoke and char. Flip the plank over and turn the grill down to a lower heat, about 350°F. Place the plank on an indirect portion of the grill.
3. Using a fillet knife, cut the salmon into two equal portions and place the salmon on the cedar plank skin-side down. Whisk together the olive oil and lemon juice and brush the mixture over the salmon until it is coated. Sprinkle with salt and pepper. Cover the grill and cook until the salmon is uniformly opaque in the center and just beginning to brown on the edges, roughly 15 minutes. Timing will vary according to the grill's heat and the size and thickness of the salmon pieces; use visual cues to determine progress.
4. While the salmon is grilling, prepare the salad dressing. Whisk together the shallot, vinegar, olive oil, Dijon mustard, oregano, salt, and pepper. In a large bowl, combine the salad ingredients and drizzle with the dressing; toss until coated.
5. Once salmon is cooked, transfer the plank to a heat proof surface, remove the skin if desired, and serve it warm alongside the salad.