

Grilled Cedar Plank Salmon Fillet



Grilled cedar plank salmon with a flavorful herb spice mix is a delicious and healthy way to enjoy this tender and flaky fish. The cedar plank infuses a beautiful earthy and smoky element to the salmon dish.

Ingredients:

Cedar Plank Salmon-

- 1 pound salmon fillet (skin on)
- 1 cedar plank soaked in water for at least an hour
- 10 sprigs of thyme
- 4 lemon slices

Herbed Spice Mix-

- 1 teaspoon salt
- ¼ teaspoon black pepper ground

- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- ¾ teaspoon smoked paprika
- ¼ teaspoon cayenne pepper
- 1/8 teaspoon cinnamon
- ½ teaspoon dried thyme
- 1 teaspoon dried basil
- ½ teaspoon dried oregano
- 1 tablespoon brown sugar

Instructions

1. Place cedar plank in a sheet pan, cover with water and put a heavy bottle on top of the board to keep beneath the water. Soak the cedar plank in water for at least 1 hour.
2. Place the salmon fillet on cutting board. Cut the fillet into 4 individual portions, cutting right down to the skin but not through it. This will make serving easier after the salmon is cooked.
3. Combine herb spice mix ingredients and evenly coat the surface of the salmon with 5 to 6 teaspoons of the seasoning. Reserve any additional spice mix for later use or extra spice after cooking the salmon.
4. Heat the grill to medium-high heat.
5. Remove the soaked plank from the water and place it on the cooking grate and close the lid. After 7 to 10 minutes, when the plank begins to smoke and char, turn the plank over.
6. Put the seasoned salmon on the plank, skin side down. Place the 10 sprigs of thyme on top of the salmon, and then the 4 slices of lemon. Cook the salmon with the lid closed until the salmon is just opaque in the center and begins to brown slightly around the edges, about 15 minutes. Transfer the plank with the salmon to a heatproof surface. Remove the thyme leaves, keeping the roasted lemon on top of each salmon piece
7. Slide a spatula between the skin and flesh and transfer to serving plates. Enjoy!

This tasty recipe brought to you by JESSICA GAVIN

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