

PLANK COOKING

by JOHN HOWIE

The Original Cedar Plank Roasted Salmon – Serves 2

- 4 each – Fresh King Salmon - fillet, skin on, steak cut 3/4 - 1" thick, (4oz wt. portions)
- 1 Tbsp. – Chef Howie's Salmon Rub – recipe follows – (can be purchased)
- 1 each – Carrot, peeled, cut in half, quartered, blanched al dente – (eight 3" long pieces)
- 2 each – Red Potatoes, quartered, blanched al dente – (eight pieces)
- 1 each – Zucchini, cut in half, then quartered – (eight 3" long pieces)
- 1 each – Yellow Zucchini or Squash, cut in half, then quartered – (eight 3" long pieces)
- 1 each – Red Bell Pepper, seeded, cut into eighths – (eight 3" long pieces)
- 4 each – Medium Button Mushrooms, seeded, cut in half – (eight pieces)
- 2 tsp. – Lemon Juice, fresh
- 2 tsp. – Olive Oil
- 1 tsp. – Salt, sea or kosher
- ½ tsp. – Black Pepper, fresh ground
- ½ tsp. – Garlic, fresh minced fine
- 1 tsp. – Italian Parsley, chopped
- 2 each – Lemon Slice - garnish

PREPARATION:

1. A minimum of two hours and up to twelve hours prior to cooking salmon, place on wax paper. Sprinkle both sides of the salmon flesh, evenly with the dry rub (3/4 tsp. per piece). Press the seasoning into the salmon flesh, refrigerate until needed.

SALMON COOKING PROCEDURE:

1. Place salmon pieces, onto the center of the cedar plank with the back skin side of the salmon together, and the flesh side lying on the plank, and the other flesh side up. Toss and coat the vegetables with the lemon juice, olive oil, parsley, garlic, salt and pepper. Transfer and place the vegetables around the salmon on the plank.
2. Place cedar plank into a 375° pre- heated oven. Bake for 10 minutes and pull from the oven, turn the salmon over, place back in the oven and cook for an additional 8-10 minutes or until the internal temperature of the salmon is 120°.
3. Remove cedar plank from oven and serve. * Optional: place on a plate and serve. Or liberally baste the top of the salmon and vegetables with the melted butter. Garnish with a lemon slice and a parsley sprig, and serve.

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Chef Howie's Salmon Dry Rub – Yield 4 Tbsp.

- 2 tsp. – Lemon Pepper
- 1 tsp. – Garlic – dry, granulated
- 1 tsp. – Tarragon, leaf, dry
- 1 tsp. – Basil, leaf, dry
- 1 Tbsp. – Paprika, ground
- 1 Tbsp. – Salt, coarse sea or kosher
- 2 tsp. – Light Brown Sugar

FISH DRY RUB SEASONING PROCEDURES:

1. Place all in ingredients into a food processor or spice grinder and process until well blended. * Don't process into a powder.
2. Transfer, store in an air tight container at room temperature until needed.