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Seafood and Barbeque – The Way to Dad’s Heart

Everyone knows dad’s love anything barbecued, so what better way to show dad you care than with a delicious Father’s Day feast? Our Citrus and Vodka-Marinated Planked Salmon is the perfect dish, as it combines two things most dads love – seafood and the barbecue.

The tangy bursts of citrus combined with the perfect smoky flavour of the cedar plank will be sure to awaken dad’s taste buds. If this is your first time cooking with a cedar plank, be sure to follow the instructions as you want to infuse as much flavour as possible into the salmon. Also be sure to discard the plank afterwards to avoid food borne illnesses.

Cooking on planks is a long-lived tradition in both Native American and Scandinavian culture. Pacific Northwest Native Americans would often spear or club salmon during annual salmon runs and then clean, smoke and store the fish for the harsh winter months ahead. Traditionally the fish was hung over open fires and slowly cooked over the plank, absorbing the flavours from the smoke.

While we don’t typically hang our fish above an open flame today, cooking on planks is a popular method and is considered to be a delicacy in North American culture. While cedar is the most common type of plank used for fish, alder is also a good choice.

Pair this dish with a fresh vegetable side dish or salad, and you’ll be sure to capture dad’s heart.

CITRUS AND VODKA-MARINATED PLANKED SALMON

Cooking salmon on cedar imparts a special flavour that enhances the salmon.

- 1 untreated cedar plank (about 6 x 15 inches)
- 4 salmon fillets with skin (about 6 oz/175 g each)
- 2/3 cup fresh orange juice
- 1/2 cup vodka
- 1/3 cup fresh lemon juice
- 1/4 cup fresh lime juice
- 1 tsp each grated orange peel, lemon peel and lime peel
- 1 tsp chopped fresh dill
- 4 sprigs fresh thyme
- 1/2 tsp fennel seed, crushed
- 1/2 tsp pink peppercorns, crushed



1. Immerse cedar plank in a sink or large container of water. Place a heavy object on plank to keep it submerged. Allow plank to soak for at least 2 hours.
2. Meanwhile, use a sharp knife to score the flesh of each salmon fillet in a criss-cross fashion to make diamonds, cutting down to, but not through, the skin.
3. To prepare marinade, combine orange juice, vodka, lemon juice, lime juice, orange peel, lemon peel, lime peel, dill, thyme, fennel seed and peppercorns in a large heavy zip-lock plastic bag.
4. Add salmon and squeeze bag to coat salmon with marinade. Seal bag and place on a plate. Refrigerate for 2 hours.
5. Remove salmon from marinade; discard marinade and thyme.
6. Place salmon, skin side down, on a plate. Refrigerate, uncovered, for 1 hour. This allows the salmon to dry slightly.
7. Remove plank from water and rinse.
8. Place salmon, skin side down, on plank.
9. Place plank with salmon on barbecue grid on natural gas barbecue. With lid down, cook salmon over medium heat until salmon flakes easily with a fork, about 20 minutes.
10. Serve salmon directly from plank. Do not reuse plank for cooking. Serves 4.

Cook's Note: The cedar plank should be a little longer and wider than the salmon fillets when placed in a row. For best results, the plank should be about 1/2 inch thick.