

## CANADA

### **Cedar-Plank Salmon**

*Cedar-Plank Salmon is a well-known grilled fish dish popular in coastal regions of Canada. The salmon is cooked on a cedar wood plank over a grill, which gives the fish a subtle smoky aroma and enhances its natural flavor. The dish has a rich, slightly smoky taste with a tender and flaky texture. Cooking on the cedar plank helps keep the salmon moist while creating a lightly charred exterior, making it a flavorful and aromatic seafood dish.*



### **Ingredients**

- 4 salmon fillets (about 6 ounces each), skin-on
- 1 cedar plank (food-grade)
- 2 tablespoons olive oil
- 2 tablespoons lemon juice
- 2 cloves garlic, minced
- 1 teaspoon honey or maple syrup
- 1 teaspoon Dijon mustard
- Salt and black pepper to taste
- Lemon slices for serving
- Fresh dill or parsley for garnish (optional)

## How to prepare

1. Soak the cedar plank in water for at least 1–2 hours to prevent burning during grilling.
2. Preheat the grill to medium heat. Lightly brush the soaked cedar plank with olive oil.
3. In a small bowl, mix olive oil, lemon juice, garlic, honey or maple syrup, Dijon mustard, salt, and pepper to prepare the marinade.
4. Place the salmon fillets in a dish and coat them evenly with the marinade. Let them marinate for about 20–30 minutes.
5. Place the marinated salmon fillets on the soaked cedar plank, skin-side down.
6. Put the plank directly on the grill, close the lid, and cook for about 12–15 minutes until the salmon becomes tender and flakes easily with a fork.
7. Carefully remove the plank from the grill and transfer the salmon to a serving plate.
8. Garnish with fresh dill or parsley and serve hot with lemon slices.