



CEDAR PLANK SALMON :: B.C. SALMON RECIPES



One of the popular and tasty ways to prepare your salmon is to plank it. The salmon is slow cooked on a damp plank and absorbs all the rich smoky flavor.

Ingredients

- 24 oz filleted salmon, cut into 4 to 6 pieces
- 1/2 finely diced red onion
- 1/2 cup extra virgin olive oil
- 1/2 tablespoon crushed black peppercorns (crush in an adjustable mill or use a mortar and pestle)
- Dried rosemary leaves
- Coarse sea salt

Preparation

- 1) Your plank must be pre-soaked before you begin direct grilling. You're looking for a plank about 1" thick, untreated, approximately 24" long and 8" wide. It is recommended that you soak the plank for two to six hours, but soaking overnight will ensure complete saturation.
- 2) Preheat your outdoor grill on high heat. Place the soaked plank on th grill and sprinkle it with coarse sea salt. Close the lid of your grill and heat the plank for two to three minutes until it appears dry on the surface. Reduce the temperature on your grill to medium heat.
- 3) Rub your salmon fillets on both sides with olive oil and arrange them on the plank. Sprinkle with diced onion, rosemary and crushed peppercorns. Garnish with lemon slices, if you like.
- 4) Close the lid of your grill and cook for between 10 and 12 minutes. The flesh should be opaque and flake easily with a fork.

- » [Need a salmon? Book the B.C. salmon fishing trip of a lifetime](#)
- » [Cedar planks](#)



Since 2001 we have had the privilege of staying at Peregrine Lodge. Between the comfortable rooms, luxurious main lodge, friendly and attentive staff,

knowledgeable guides and superb food there is no wonder why we keep on coming back. The addition of the amazing fishing that we have always seen makes our annual trip to Peregrine Lodge the highlight of the year. We always recommend Peregrine Lodge to anyone looking for a fishing adventure as we know they will be in for a trip of a lifetime.

- Geoff

HOSPITALITY

- [Lodge & Amenities](#)
- [Testimonials](#)
- [Building Diagram](#)
- [Location Map](#)

FISHING

- [Saltwater Fishing](#)
- [Fleet](#)
- [Freshwater Fishing](#)
- [Catch & Release Program](#)
- [Fish Stats](#)
- [Peregrine Lodge News](#)
- [Fishing Report / Blog](#)

OTHER ACTIVITIES

- [Massage](#)
- [Pitch & Putt](#)
- [Biking & Hiking](#)
- [Kayaking](#)
- [Heli Tours](#)

TRIP PLANNING

- [Booking Schedule](#)
- [Packages](#)
- [What to Bring](#)
- [Before You Depart](#)
- [After Your Trip](#)

MEDIA

- [Movie](#)
- [Photo Gallery](#)

CONTACT

- [Contact Us](#)
- [Email Newsletter](#)
- [Employment](#)
- [Meet Our Team](#)

