

Plank Cooked Salmon

Recipe Breakdown

- **Skill level:** Beginner
- **Core ingredient:** Seafood
- **Egg mode:** Direct
- **Serving quantity:** 2-4
- **Prep time:** 15 minutes
- **Cook time:** 8 minutes

Egg Setup

Skill Level: Beginner

Wooden Planks

- Pre soak the wooded planks in water for 15 minutes before cooking.

Direct Setup

- Set up your EGG for DIRECT cooking. You want your EGG at 400f /200c with the stainless steel grid resting on the fire ring.

Ingredients

- Salt & Pepper
- Lemon
- Coriander to garnish

Main Course Ingredients

- 4 Fresh smoked salmon and haddock fillets - serves 4

Tips & Techniques

Water is the most common liquid to soak planks in, but for extra flavour immerse the plank in fruit juice, cider, wine, or cordial?

Directions

1. **Prepare the fish** - Season the fish and garnish with slices of lemon
2. **The EGG** - Your EGG should already be set up for direct cooking, with the stainless steel searing grid.
3. **Target Temperature** is 400f / 200c. Once the EGG is up to temperature place the Smoking Plank on the stainless steel grid to pre-heat for 5-10 minutes.

4. **Using the Grill Gripper**, remove the plank from the EGG and place on a heat-proof surface. Turn the plank over so the side that was touching the grid is uppermost. Place fish on to the hot wooden surface. Garnish with lemon, salt and pepper and return to the EGG to start cooking.
5. **Cooking** - The length of cooking time will vary with the size of fish fillet. For 1"-2" wide fillet cooking time is approximately 8-10 minutes. For 3" + you are looking at 15 minutes. The best way to tell when it's cooked is by touch, it should feel firm when ready.
6. **Enjoy** - Remove the plank from the EGG using the grill grippers and be sure to place it on a heat proof surface. Remember the underside of the plank will be very hot. Serve the fish with some fresh coriander and a good squeeze of lemon - you can keep it on the plank to serve - just carefully place on a heat proof surface in the middle of the table.