



## Cedar Planked Salmon

30 min

CA

OR

WA

Serves 6

### Ingredients

1 cedar plank 1 to 1 ½ foot-long

1 side Chinook (King) Salmon, skin on pin bones removed, about 3 ½ lbs

2 fresh spring onions, sliced thin

? cup chopped dill

¼ cup spicy chili oil

¼ cup Dijon mustard

Salt

Paprika

Olive oil for cedar

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Note: Other species of salmon can be substituted, but cooking time will need to be adjusted based on the thickness of the fillet.

## **Preparation**

Preheat the oven to 375°F. Line a standard baking tray with foil. Coat the plank with olive oil and place it on the tray.

Bake oiled plank for 10 minutes to season it and get the cedar aroma going.

Remove from the oven and place fish skin side down on the plank.

Season with salt and a sprinkle of paprika.

Toss onion, dill, mustard and chili oil. Liberally cover fish with onion mixture and place in the oven.

Cook for about 10 - 15 minutes depending on your taste and how thick the fish is.

To check, give a little slice at the thickest part of the fish. I like mine cooked but still a little pinkish.

Kind of like a medium cooked steak.

Serve with white rice and a big green salad.

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**Recipe and photo by** Chef Gabe Rucker, [Le Pigeon](#) and [Canard](#)

Species Group

Salmon