

Send Us Your Recipes!

If you would like your recipe published in the next issue of *Alive!*, you may fax your recipes to (213) 620-0398 or e-mail us at talkback@cityemployeesclub.com

Cooking with the Club

with Chef Robert Larios



SALMON OVER PLANK

There is nothing like cooking fish over a cedar plank on a grill. The flavors are better and more intense, which makes anyone want more of it. The plank also helps to keep the fish intact and not fall apart like most do when just cooking over the grill alone. I prepared a marinade, but you might just rub mustard and brown sugar onto the fish prior to cooking. I also suggest getting wild salmon since the flavors are stronger than with farm-raised salmon, and of course there are health advantages, too.

Salmon Over Plank

Serves 4 to 6

INGREDIENTS:

- 1 (3 pounds) wild salmon
- 5 tablespoons extra virgin olive oil
- 2 teaspoons sea salt
- 1 teaspoon freshly ground pepper
- Juice of one lemon with wedges included
- 5 cloves minced garlic
- 2 tablespoons fresh dill
- 2 shallots, sliced
- 1 untreated cedar plank, soaked in salted water for up to 24 hours prior to placing on grill.



Try to soak the cedar plank in water for more than one hour but never less.

[A Cook's Dictionary]



Salmon:

Salmon was an important food to many early American Indians whose superstitions prevented certain tribe members from handling or eating the fish lest they anger its spirit and cause it to leave their waters forever. Salmon are anadromous, meaning that they migrate from their saltwater habitat to spawn in fresh water. Over the years, some salmon have become landlocked in freshwater lakes. In general, the flesh of those salmon is less flavorful than that of their sea-running relatives.

© Barron's Educational Services, Inc. 2009 based on *The Food Lover's Companion*, deluxe edition, by Sharon Tyler Herbst and Ron Herbst.

Food Fact

"As for butter versus margarine, I trust cows more than chemists."

— Joan Gussow

DIRECTIONS:



- 1 Into a Ziploc (or similar) bag, place your cut of salmon, olive oil, sea salt, pepper, lemon juice and wedges, garlic, dill and shallots and seal, letting ingredients marinate the salmon in the refrigerator for two to three hours.



- 2 Remove salmon from Ziploc bag and place onto soaked cedar plank, then place onto hot barbeque grill. It is a good idea to keep the area of the grill at a lower temperature while raising the temperature on the other side to reduce burning the cedar plank. You may roast side dishes including potatoes or Brussels sprouts while the salmon cooks.



- 3 Cooking time may vary, but always keep an eye on the cedar plank so that it does not begin to ignite. The salmon is cooked through once its internal temperature has reached 130 degrees in its thickest area. Cooking time may vary, but it should cook about 20 to 40 minutes.



- 4 Serve and enjoy!