

# Cook cedar-plank salmon on grill for flavor

Trotting your salmon across the board for some delicious cedar smokiness is a quick and easy way to infuse wonderful flavor.

I've been on an absolute high of late. Copper River Salmon smoked on a cedar plank - it just doesn't get much better than that. And since the Copper River salmon season is about to end, we've been cedar-planking like crazy. I just can't seem to get enough!

Like most any American household, dinner at our house in the summertime comes from the grill much of the time. My husband is always willing to "man-up" out there, so introducing him to cedar plank smoking seemed like a really smart thing to do. Lucky for me, in just 4 easy steps, he's got dinner on the table and I catch a break:

1. Soak  
Once you've purchased your untreated cedar planks (these are available most everywhere now - larger supermarkets, gourmet specialty stores, hardware stores, etc), you've got to get them soaking in order to be ready to grill at the designated time. Since we like to soak our planks overnight (or 6-8 hours) to ensure total saturation and no flare ups on the grill, this technique does require a little bit of planning.



Though I can't prove it, I'm told that initially soaking the cedar planks in warm water helps the pores of the wood open, so we always start off that way.

It brings me great pleasure to arrive home and find my roasting pan on the kitchen table, cedar planks soaking, wine bottle perched on top to keep them submerged - all signs of good things coming my way! You can soak your planks in any container that works - the kitchen sink, a bucket fitted with a lid, whatever. The important thing is that you have something heavy on hand to keep the planks submerged.

2. Boost  
Here's where more flavor comes in. Before your salmon can "walk the plank", you've got to prepare the surface. I like to pat ours dry a bit, then liberally coat the top of each plank (we are usually doing at least

two) with olive oil, followed by a good sprinkling of kosher salt and freshly ground pepper.

Rub your fillets with your favorite spice blend or marinade ahead. Place your treated planks onto a preheated grill (10 minutes with lid closed does it nicely) over medium - medium high heat (350 - 400 degrees F) for 5 minutes. You're ready to begin smoking your salmon on the grill!

3. Grill  
Place your salmon onto the prepared planks (skin side down if not skinless), then rub the top of each fillet with your favorite spice blend, or marinate fillets ahead of time in your favorite concoction. We often baste our salmon with a really flavorful CHIPOTLE sauce at this point (see my recipe included).

Now comes the hard part: close the lid and keep it closed - NO

PEEKING! Keeping the grill lid closed ensures you're capturing the smoke and maintaining the correct temperature inside your grill.

There is no need to turn your fillets - keeping the grill lid closed also ensures your fillets will cook completely.

If you're cooking over medium high heat, here are some approximate cooking times: 15 minutes for rare, 20 minutes for medium and 25 minutes for well done. Cooking times vary with every grill.

Here's my recommendation: Grill for 18 minutes over medium high heat, remove planks from grill, cover with foil and let salmon rest for 5 minutes. At this point, check fillets with a fork at center - if fillets are easily flaked with your fork, they're perfect - it's time to eat. If they're not easily flaked with your fork, return planks to the grill for just a few more minutes.

If you're testing the fillets with an instant read thermometer, here are internal temp guidelines: rare: 120°, medium: 125°, well: 130°F. Be sure to insert thermometer at thickest part of fillet, coming in from the side.

4. Serve  
As always, timing is everything. Make sure your side dishes are co-

ordinated around the grilling time for the salmon, not the other way around.

I've found that removing the fillets from the plank to the serving platter is tricky business, especially if you don't have an extra set of hands available to help you. Instead, simply place the planks with fillets directly onto your serving platter. This is a great conversation starter for your guests - they will love the opportunity to learn about your adventure at the grill.

See for yourself how incredibly simple this cedar plank technique is - the results are moist and delicious, totally worth it. If you "walk the plank", I'd love to hear about your experiences - please email me: chefalli@chefallis.com. Also, Copper River Salmon is the Cadillac of salmons (in my opinion) but farm-raised salmon is still wonderful smoked on the plank.

Now You're Cookin',  
Chef Alli  
P.S. Just a few more tips you'll want to know:

Soak your planks ahead of time and store them in a freezer bag in your freezer. When you're ready to grill, simply thaw your planks in hot water for a few minutes.

If you don't have time to soak

your planks thoroughly before grilling, be sure to keep a water bottle on hand during smoking to extinguish any flame ups. Remember that you don't want to keep your plank from smoldering, (this is infusing the flavor) you just don't want your plank on fire inside the grill!

Depending on how charred your planks get, you can generally reuse them at least a second time - just be sure to clean and sanitize them in between uses.

And here's my favorite recipe for cedar plank salmon:

- Chipotle Glazed Salmon
- 6 Tbs. adobo sauce from a can of chipotle peppers in adobo
- 6 Tbs. dark brown sugar
- Kosher salt and freshly ground black pepper, to taste

1 Copper River salmon fillet, skinned

Season salmon fillet with salt and pepper to taste. In a small bowl, combine adobo sauce with brown sugar, then baste HALF of this mixture over fillet. Place fillet onto soaked cedar plank and grill as instructed above. Just before removing salmon from grill, baste with remaining half of adobo mixture. Serve.

## Want a business plan?

"Want a business plan? Here it is: Love what you sell, love the people buying it. The end." - Martha Beck

As a business owner, you know there's a lot more to running a business, but this is a great foundation.

Do you love what you sell? If not, why are you selling it? If you don't love it, why would your customers love it?

Do you love the people buying it? Okay... I'll cut you some slack. Do you love most of the people buying it?

Caring about your customers, known as good customer service, and offering them a good product and/or service is at the heart of success. If you're struggling, take time to think about these questions and make changes as needed.

This tip was brought to you by Western Kansas Consulting.



**jamie morphew**

• business tips

Scott, Sherman, and Wichita counties. For more information or to set up an appointment, contact Jamie Morphew at (620) 874-0771 or e-mail wkbc@wbsnet.org.

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## matters of record

### Accidents

The following accidents were investigated by the Goodland Police Department.

**June 16** - 4:30 p.m., 2402 Commerce Rd., a 2007 Chevrolet driven by Wilma Davis hit the rear of a 2007 Dodge owned by Christina

Lynn Gonzales and legally parked in the drive through lane.

**June 19** - 8:40 a.m., 400 E. Fourth, a 2000 Toyota driven by Fernando Martinez was driving west on the 400 block of East Fourth and veered off to the right and hit the curb going over the curb and

hit a fence.

**July 4** - 10:30 p.m., 400 Caldwell Ave., a 2004 Chevrolet driven by Cassandra Joy Battistoni was backing out of driveway at 423 Caldwell and hit a 1981 Ford that was parked in the driveway.

<b>City of Goodland Treasurer's Financial Statement Goodland, Kansas</b>				
For the period from April 1, 2011 to June 30, 2011				
FUNDS	PREVIOUS BALANCE	RECEIPT	DISBURSEMENT	CURRENT BALANCE
Special Highway	192,760.19	26,347.90	6,243.36	212,864.73
Self Insurance	325,473.88	360.33	25,259.81	300,574.40
Airport Fund	165,991.39	5,663.87	0.00	171,655.26
General Operating	1,307,552.19	460,841.36	608,383.05	1,160,010.50
Bond & Interest	172,162.39	89,439.32	0.00	261,601.71
Library	8,205.41	45,236.38	53,441.79	0.00
Sales Tax	1,275.73	48,020.15	48,238.58	1,057.30
Electric Utility	3,864,896.50	1,368,607.94	1,400,554.82	3,832,949.62
Municipal Court Diversion Fees	29,639.60	878.62	0.00	30,518.22
Law Enforcement	20,821.99	23.01	0.00	20,845.00
Electric Meter Deposit	131,503.94	8,050.00	6,335.60	133,218.34
Water Utility	325,960.07	194,877.90	193,138.68	327,699.29
Water Service Deposit	71,082.00	7,450.00	5,400.00	73,132.00
Sewer Utility	121,699.52	90,618.90	99,304.76	113,013.66
Special Park & Rec.	65,074.32	1,358.19	20,000.00	46,432.51
Vehicle Inspections(VIN)	19,849.56	2,234.77	1,018.20	21,066.13
Grant Imp Reserve Fund	523,000.84	50,061.29	0.00	573,062.13
Street Imp Project	250,381.51	147.50	227,375.84	23,153.17
Solid Waste	66,615.68	104,537.20	103,148.98	68,003.90
Fire Equipment	0.00	0.00	0.00	0.00
Airport Improvement	0.00	0.00	0.00	0.00
CDBG Grant	0.00	0.00	209.21	-209.21
Capital Imp. Reserve	3,149,773.11	149,797.39	235,929.06	3,063,641.44
Insurance Proceeds	0.00	0.00	0.00	0.00
Employee Benefit	491,764.58	97,972.04	122,381.25	467,355.37
Library Emp. Benefit	1,267.49	7,911.59	9,179.08	0.00
State Water Fund	3,277.66	1,732.54	1,371.03	3,639.17
Cemetery-Perp. Care	82,500.00	0.00	0.00	82,500.00
Cemetery Endowment	103,150.79	2,100.00	0.00	105,250.79
Cemetery Improvement	102,225.86	1,147.08	959.00	102,413.94
Economic Development	147,546.19	12,647.52	24,529.22	135,664.49
Electric Reserve	2,083,912.02	102,290.38	355,074.74	1,831,127.66
Water Reserve	320,276.67	343.57	40,000.00	280,620.24
Water System Improvement Proj.	0.01	643,061.41	643,061.42	0.00
Efficiency KS Project	0.00	17,705.00	0.00	17,705.00
Sewer Reserve	853,926.58	4,701.82	0.00	858,628.40
M.E.R.F.	2,644,798.12	292,585.90	44,178.92	2,893,205.10
<b>Total</b>	<b>17,648,365.79</b>	<b>3,838,750.87</b>	<b>4,274,716.40</b>	<b>17,212,400.26</b>
	PREVIOUS BALANCE			CURRENT BALANCE
AVAILABLE CASH				
Cashier's Change	2,000.00			2,000.00
Checking Accounts:				
BANKWEST	1,358,425.14			1,194,559.61
Investments	16,287,940.65			16,015,840.65
<b>Total Available Cash</b>	<b>17,648,365.79</b>			<b>17,212,400.26</b>
LIABILITIES AND OBLIGATIONS				
ST OF KS PUBLIC WATER SUPPLY LOAN				1,337,029.26
ST OF KS PUBLIC WATER SUPPLY LOAN-2009				5,427,259.45
GENERAL OBLIGATION BONDS, SERIES 2007				1,785,000.00
<b>TOTAL</b>				<b>8,549,288.71</b>

I, Janeil Dilling, do hereby certify that the above statement is correct.

Signature City Treasurer  
 Title