

Cedar Plank Salmon

You will love the light smoky flavour of this salmon, perfectly complemented by delicately sweet maple syrup.

Cedar planks (see Note)	2	2
Water		
WHISKY MARINADE		
Canadian whisky (rye)	1 cup	250 mL
Maple (or maple-flavoured) syrup	1/2 cup	125 mL
Soy sauce	1/3 cup	75 mL
Olive (or cooking) oil	1/4 cup	60 mL
Parsley flakes	1/4 cup	60 mL
Sweet (or regular) chili sauce	3 tbsp.	50 mL
Pepper	1 tsp.	5 mL
Salmon fillets (about 4 oz., 113 g, each), or side of salmon (about 2 lbs., 900 g), skin removed, cut into 8 equal pieces	8	8

Place cedar planks in large container. Add enough water to cover. Weight planks with heavy cans to keep submerged. Let stand for at least 6 hours or overnight to soak.

Whisky Marinade: Combine first 7 ingredients in medium bowl. Makes about 2 1/4 cups (550 mL) marinade.

Place salmon in large shallow baking dish. Pour marinade over top. Turn until coated. Cover. Marinate in refrigerator for at least 30 minutes, turning occasionally. Drain and discard marinade. Preheat barbecue to medium-low. Place salmon on cedar planks on ungreased grill. Close lid. Cook for 15 to 30 minutes until salmon flakes easily when tested with fork. Serves 8.

1 serving: 260 Calories; 10.6 g Total Fat (4.9 g Mono, 3.2 g Poly, 1.6 g Sat); 62 mg Cholesterol; 9 g Carbohydrate; trace Fibre; 23 g Protein; 457 mg Sodium

Note: Cedar planks specifically designed for barbecuing can be purchased in the meat department of large grocery stores. Or use an untreated western red cedar plank found in building supply stores. Never use a treated cedar plank. Planks should be about 16 × 6 × 1/2 inches (40 × 15 × 1.2 cm) and are good for 1 use each.