

Grilled Cedar Plank Salmon Fillet

Salmon Fillet:

1 lb (Wild Alaskan or farm-raised Norwegian) Salmon fillet / Sea salt / Organic Canola and Olive oil / 1 Cedar Plank... plus see below for marinade ingredients...

Serves ~ 3

Teriyaki Marinade:

- 1/4 cup of Oil (total) - Organic Canola and Olive Oil (60/40 mixture)
 - Or use Organic Extra Virgin Coconut oil - which is great for really high heat cooking
- 3 tbsp sesame oil
- 2 tbsp lemon juice
- 1 pinch of lemon zest
- 1/4 cup soy sauce
- 2 tsp dijon mustard or split mustard seed
- 1 tbsp minced ginger
- 1 tbsp minced garlic
- 2 tbsp raw sugar (or brown sugar)
 - Note: You can skip this ingredient if you simply substitute teriyaki for the soy sauce above
- 1/2 tsp freshly ground black pepper
- 1 pinch of cayenne pepper (to taste)



Soak cedar plank for 2 hours in water, weighting it to submerge the plank completely in the pan of water. Mix marinade ingredients together (except lemon juice). Thoroughly rinse the Salmon fillet in really cold water and place it in a snug-fitting glass dish; pour marinade over to coat and mix it around a bit. Marinade fillet skin side up in refrigerator ~1.5 hours - add lemon juice and sesame oil to mixture for the last 15 minutes and mix it around a bit.

Preheated the grill to 400° and then place the salmon fillet directly on a hot grill (skin side down) for just a few minutes. Flip the fillet onto the plank (skin side up). If it didn't come off already while flipping, It should be really easy to remove the skin completely now - - while it's grilling on the plank. From this point, grill for just over 5 minutes per side.

Enjoy ... it is best served with quinoa, black rice or turnip puree and with pureed peas, chopped spinach or grilled asparagus.

Leftovers are great as a salad topper.