

Cedar-Planked Salmon with Rum & Maple Syrup Glaze

Food-grade cedar plank
1/4 cup (50 ml) dark rum
2 tbsp (20 ml) soya sauce
1/2 cup (125 ml) pure maple syrup
1 Salmon filet (skin on) – approx. 1.5 lbs or 0.7 kg
Salt & pepper
1 tbsp (15 ml) lemon pepper seasoning
1 lemon, halved

Plank preparation:

Soak plank for at least 3 hours in water. Use cans or other heavy objects to weigh it down.

Glaze:

Combine rum, soya sauce and maple syrup in a small saucepan. On a low boil, reduce by about half. Mixture will thicken and coat the spoon. Once desired consistency is achieved, keep warm on lowest setting on stovetop.

Salmon:

In the meantime, lay salmon filet skin-side down and rub in salt, pepper and lemon pepper on skinless surface only. Preheat barbecue to 500°F (260°C). Remove plank from water and place on preheated BBQ grill until it crackles and gives off a bit of smoke (3-4 minutes). Place salmon on plank and reduce heat to medium-low. Close BBQ cover and cook salmon for 15 to 20 minutes until it reaches an internal temperature of 135°F (57°C). Open cover periodically to make sure the plank doesn't flare up; spray with water if it does.

Presentation:

Once salmon is cooked, remove from plank onto plate. Squeeze juice from lemon halves onto warm fish. After serving, drizzle glaze over salmon portions. Enjoy!

Serves three.