

PLANK COOKING

by JOHN HOWIE

Salmon with Basil-Garlic Rub - Serves 2

2 ea. (8 oz.)	Salmon Fillet – skin off, thick block cut
2 tsp.	Basil-Garlic Dry Rub – recipe follows
8 each	Small Red Potatoes – blanched, cut and quartered
1 Tbsp.	Olive Oil
½ tsp.	Garlic – fresh, minced fine
1 Tbsp.	Basil – fresh, minced fine
1 tsp.	Salt
½ tsp.	Pepper – fresh, ground
1 Tbsp.	Parmesan Cheese – grated

Basil-Garlic Dry Rub

2 tsp.	4 tsp.	
½ tsp.	1 tsp.	Garlic – granulated
1 tsp.	2 tsp.	Basil – whole, dried
¼ tsp.	½ tsp.	Salt
¼ tsp.	½ tsp.	Pepper – fresh, ground

BASIL-GARLIC DRY RUB PROCEDURE:

1. Place all ingredients into a spice grinder and blend until completely mixed. Hold covered at room temperature until needed.

COOKING PROCEDURE:

1. Season each fillet with 1 tsp. of the basil-garlic rub. Let sit for 30-60 minutes to allow the flavors to bloom.
2. Meanwhile toss the blanched potatoes, olive oil, fresh basil, garlic, salt, pepper and parmesan together until the potatoes are completely coated.
3. Use a large cedar plank. Place the salmon fillets on the plank, removed skin side up, and place the potatoes around the salmon fillets.
4. Place the plank in a pre-heated 375° oven. Roast for 12-15 minutes. Remove the plank from the oven. Turn the salmon fillets over and allow the oven to re-heat. Then place the plank back in the oven and roast for another 15-20 minutes, or until lightly browned and an internal temperature of 125° has been achieved. Cooking time will vary based on the thickness of the fillet.
5. Remove from the oven and serve with fresh lemon and a basil sprig for garnish.