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►► January 2013 ◀◀

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Plank-Grilled Sweet Soy Salmon

Prep Time: 10 mins

Cook Time: 17 mins

Rest Time: 2 h

Total Time: 2 h 27 mins

Ingredients

- 1/4 cup(s) soy sauce, reduced-sodium
- 1/4 cup(s) wine, rice, sake, or dry white wine
- 1/4 cup(s) mirin (sweet rice wine)
- 2 tablespoon sugar
- 3 tablespoon scallion(s) (green onions), coarsely chopped
- 3 tablespoon ginger, fresh, coarsely chopped
- 4 fish, salmon steaks, wild, or fillets, 5-ounce, 3/4-1 inch thick, skin on
- 1 small lemon, thinly sliced



Recipe Tip:

Kitchen tip: To cook over indirect heat on a gas grill, turn one burner off and place the plank above it. For a charcoal grill, build two small piles of coals on either side of the grill. Place the plank in the center of the grill above the area without any coals beneath it.

Preparation

1. Soak a grilling plank in water for 2 to 4 hours.
2. Meanwhile, combine soy sauce, sake (or white wine), mirin, sugar, scallions and ginger in a small saucepan and bring to a boil. Remove from the heat and let cool to room temperature.
3. Place salmon in a shallow dish and pour the marinade over it. Place lemon slices on top. Marinate in the refrigerator for at least 30 minutes but no more than 2 hours, turning the fish once or twice.
4. Preheat grill to medium-high.
5. Place the soaked plank over direct heat on the grill and heat for 2 minutes. Move the plank so it's over indirect heat (see Kitchen Tip, above). Remove the salmon from the marinade, place it skin-side down (if using fillets) on the hot plank and replace the lemon slices on top.
6. Close the lid and cook until the fish is just cooked through, 10 to 15 minutes. Use the plank as the serving platter, if desired.