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TTFC Wood Plank Recipe

Recommended Ingredients: (All ingredients are based on 2 person servings)

- 1 Wood Plank
- 2 Servings Fish Fillets
- 3 to 4 Tablespoons of Olive Oil
- 1 table spoon of Coarse Salt
- Any of your favorite spices

-First obtain a Cedar or Alder plank from any large grocery store fish department.

-Then soak plank in water for approximately 24 hrs. Plank must be submerged during soaking.

-Then apply a thin coat of Olive Oil to the finished side of the plank.

-Apply a thin coat of Coarse Salt onto the Olive Oil.

-Place Fish Fillet skin down on the plank.

-Brush a light coat of Olive Oil on the exposed meat.

-Add an assortment of your favorite spices to the top of the exposed fish. Your guide recommends Montreal Steak Spice, a little Garlic and Dill.

-Then place your plank on barbecue grill (Medium/Low heat).

-Cook until the top of the fish is golden brown and serve on the wood plank.

Note- don't be alarmed at the large quantity of smoke that your plank produces during cooking. Watch the board while cooking, if the board catches on fire just spray with water and turn barbeque heat down.