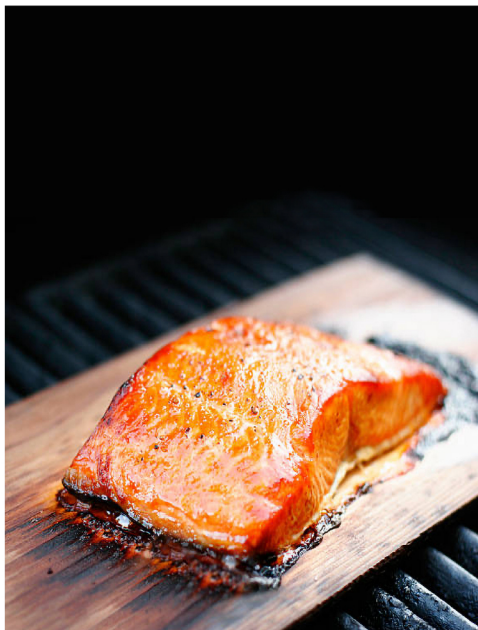


2 METHODS FOR COOKING CEDAR PLANKED SALMON

OVEN
8-12 minutes

GRILL
20 minutes



INSTRUCTIONS

Cooking salmon over cedar planks extracts the unique flavor and aroma from the wood and infuses the salmon with gentle, smoky, earthy, complex flavors. **1836 Butchers** soaks each plank in chardonnay, so they are ready to heat up and cook with right away.

METHOD 1: OVEN

- Arrange a rack in the middle of the oven and preheat to 400°F.
- Place the cedar plank on a baking sheet and transfer to the oven to preheat for 15 minutes.
- Brush with olive oil and sprinkle with salt and pepper.
- Remove the baking sheet/plank from the oven and arrange the salmon fillets on the preheated plank.
- Cook for 8-12 minutes, depending on the thickness. Remove from the oven when it is firm and barely opaque all the way through.

METHOD 2: GRILL

- Preheat an outdoor grill for medium heat.
- Place planks on the grill grate. Heat planks until they start to smoke and crackle just a little.
- Brush with olive oil and sprinkle with salt and pepper.
- Place salmon planks, close the grill cover, and grill until it flakes easily with a fork, (approximately 20 minutes).
- Salmon will continue to cook after you remove it from the grill.

WHAT YOU'LL NEED...

- Baking Sheet
- Oil
- Pepper

NOTE:

Rare (soft, buttery, juicy) at 110°F; **Medium-rare** (tender, flaky, moist) at 125°F; **Medium** (flaky, firm, still has moisture) at 130°F; **Medium-well** (dry, firm) at 140°F; **Well-done** (dry, tough) at 145°F

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BUTCHERS

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