

Cedar planked Halibut or Salmon with Mango Salsa

Purchase 6 to 8 oz of fresh Alaskan boneless halibut or Salmon fillet per person. Have your fish monger leave it as one whole piece rather than cutting it into portions. Skin on or off ~ doesn't matter.

Purchase a cedar plank large enough to hold all your fish. Be sure to purchase a plank that is designed for grilling. **Caution:** some cedar in the lumber yards may be treated with chemicals ~ do not use. We sell planks that are just raw wood and good for grilling. About 45 minutes to an hour before grilling, place your plank in a sink of water and place a heavy object on it to keep it submerged.

Once your cedar plank has soaked and the grill is lit for a medium high heat, lay out your halibut skin side down right onto the plank. Using a paper towel, pat the top side of the halibut to remove any excess moisture. Season the top of the halibut with the spice rub. Using your favorite sea salt or kosher salt works well also.

Now, place the plank with the halibut directly over your heat. Place enough of the mango salsa on top of your halibut fillet to completely cover it liberally. Be sure to close the lid on your grill and let the plank do the work. As the board heats up and begins to dry on the bottom side, it will begin to char and produce a lot of smoke. This along with the salsa is what will season your halibut, so keep the lid down. You will find that it takes quite a bit longer to cook your fish in this fashion because the plank is wet and must heat through to begin cooking. The extra bonus is the steam that rises into your fish from the plank keeping it moist.

Once the smoke has started rolling, you're cooking. Give it another 10 minutes or so and check for doneness. Insert a fork into the flesh and give it a gentle tug. If it seems firm, keep cooking. When it begins to give to the fork test and flake apart, you're done. Don't over cook. A good sized fillet will take about 20 to 30 minutes total cooking time.

Remove from the heat, place the plank directly onto your serving platter and present to the table. Serve extra mango salsa on the side.

Mango Salsa:

Make your own, or better yet, save the hassle and buy it from us. This recipe is big because we use it in the store, but you can always cut it in half.

3 lbs chunked mangos
2 red bell peppers diced
5 roma tomatoes seeded and diced
2 cups green onion chopped
1 cup red onion diced
2 bunches cilantro chopped coarsely
3 tsp fresh minced garlic
1/3 cup diced jalapeno peppers
1/2 cup lime juice
1/3 cup sugar
2 tsp salt
2 tsp black pepper
Combine all ingredients and chill.