



Planked Salmon With Mustard and Dill

NIBBLEDISH CONTRIBUTOR

Ingredients

- 1 Salmon fillet, with or without skin (about 1 1/2 pounds, ideally cut from the end closest to the head) -1/2 cup Mayonnaise (preferably Hellmanns) -1/3 cup Meaux (grainy French) Mustard -2 tablespoons Chopped Fresh Dill -1/2 teaspoon Finely grated lemon zest -Coarse Salt (Kosher or Sea) and freshly ground black pepper -1 Cedar plank (about 6 by 12 inches), soaked for 2 hours in water to cover (a rimmed baking sheet or large roasting pan works well for soaking), then drained (see NOTE)

Instructions

Run your fingers over the salmon fillet, feeling for bones. Using needle-nose pliers or tweezers, pull out any you find. Rinse the salmon under cold water, then blot dry with paper towels. If using salmon with skin, generously brush the skin with olive oil. If using skinless salmon, brush one side of the fish with olive oil. Season both sides with salt and pepper. Place the salmon on the plank, skin side down, if it has one; oiled side down if not. Make the glaze: Place the mayonnaise, mustard, dill, and lemon zest in a nonreactive mixing bowl and whisk to mix. Season with salt and pepper to taste. Set up the grill for indirect grilling and preheat to medium-high. When ready to cook, spread the glaze mixture evenly over the top and sides of the salmon. Place the salmon on its plank in the center of the hot grate, away from the heat, and cover the grill. Cook the salmon until cooked through and the glaze is a deep golden brown, 20 to 30 minutes. To test for doneness, insert an instant-read meat thermometer through the side of the salmon: The internal temperature should be about 135 degrees Fahrenheit. Another test is to insert a slender metal skewer in the side of the fillet for 20 seconds; it should come out very hot to the touch. Transfer the plank and fish to a heatproof platter and slice the fish crosswise into serving portions. Serve the salmon right off the plank. Note: Cedar planks are available at grill and cookware shops. If you purchase them from a lumberyard or hardware store, make sure they are untreated.