

# **Cedar Plank Trout**

## **"on the grill"**

### **Ingredients**

<b>1 (12 inch) untreated cedar plank</b>	<b>1 1/2 teaspoons salt</b>
<b>1 trout fillet, steelhead or rainbow</b>	<b>1 teaspoon pepper</b>
<b>2 tablespoons sugar</b>	<b>1/4 teaspoon cayenne pepper</b>
<b>1 tablespoon paprika</b>	

### **Directions**

- 1) Soak the cedar plank for at least 2 hours in warm water.**
- 2) Preheat grill to medium high so that the grill is around 350-375F. In a small bowl, mix together the sugar and spices.**
- 3) Take the cedar plank out of the water. Place the trout, skin side down on the cedar. Sprinkle the seasoning mixture all over the trout and gently rub it into the fish.**
- 4) Place the cedar plank on the grill and close the lid. Check every once in a while to ensure the wood is just smoking and not starting to flame up. It is best to keep the lid closed so that the smokey flavour infuses into the fish.**
- 5) Cook the trout until the internal temperature of the fattest part of the fish reads 145F. This should take around 20 minutes or so. The time will vary based on the size of the fish. A rainbow trout fillet will cook much quicker.**

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