Nino Salvaggio International Marketplace

CEDAR GRILLING PLANKS

A grilling tradition first used by the Indians of the Pacific Northwest, Cedar Plank cooking is a simple and delicious way to add a wonderfully robust, woodsy flavor to meats, poultry, fish and fresh vegetables.

100% Organic Cedar

3 Easy Steps !

1. Soak the plank for one hour or more.
2. Heat the plank on the grill rack for 3 to 5 minutes.
3. Add food to plank, close lid and cook.

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Visit us on the Web @ www.ninosalvaggio.com

Try One of These Delicious Recipes !

Cedar & Cider Turkey Breast

Serves 4

1—3 lb Turkey Breast, Raw

***Turkey Brining Solution**

2 cups Apple Cider
3 Tbsp Brown Sugar
2 TBSP Kosher Salt
1/4 tsp Thyme
1/2 tsp Black Pepper, Cracked

Board Soaking Solution

1 pt Apple Cider

Stir together apple cider, sugar, salt, thyme and pepper, Soak Turkey breast 4 to 6 hours in this "brine" solution. Remove turkey from brine, pat dry, lightly butter and place on soaked and heated plank. Close grill and roast breast to an internal temperature of 165 F

Nino's Fresh Flavor Fillets ©

Serves 1 or More

Many of Nino's *"Fresh Flavor Fillets"*© are excellent choices for plank grilling. Choose from:

- **Fresh Dill & Garlic Salmon**
- **Maple Barbecue Salmon**
- **The "Ultimate" Tilapia**
- **Crab Stuffed Orange Roughy**
- **Teriyaki & Pineapple Swordfish**
- **Cajun Marinated Catfish**

Board Soaking Solution

1 pt Water or White Wine

Remove Fresh Flavor Fillet© from its packaging, lightly paint the surface of the soaked and heated cedar plank with vegetable oil and place the fillet on the plank. Close grill and cook for 15 to 20 minutes* or until the flesh is opaque and flakes.

*** Cooking times will vary depending on fish.**

Plank Grilled Veggies

Serves 4

1 cups Balsamic Vinegar
1/2 cup Ex. Virgin Olive Oil
1/4 Cup Vidalia Onion, Chopped Fin
1 tsp Fresh Garlic, Minced
3 Tbsp Brown Sugar
1 tsp Chili Powder
1/2 tsp Cumin
1/4 tsp Black Pepper, Coarse Grind
1/4 tsp Kosher Salt
4 Cups Total (Broccoli, Carrot, Onion, Yellow Squash, Zucchini, Cauliflower) etc.

Board Soaking Solution

1 pt Water or Red Wine

Cut veggies into large chunks. Marinate veggies for 1 hour. then place on pre-soaked & heated plank, place plank on a pre-heated grill on medium high heat, cover and cook for 30-60 min. or till done.

Cooking Tips and Care of Your Cedar Planks

To control flame flare-ups on your Cedar Planked recipes, have a spray bottle of soaking liquid available to mist your boards while cooking. This controlled cooking will ensure even charring of your board and more uniform cooking of your food.

Cedar planks can be used a second time with proper care. After first use, clean planks with soap and water and store in a dry place. After the second use, consider cutting the board into smaller pieces, soaking these chips, then adding them to the grill coals or coils to create a wonderful smoke flavor to your foods.