

Wood Grilled Salmon

[Doug Keiles of Ribs Within BBQ](#)

From the Yale Appliance + Lighting Chef Series

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Forget planks, this recipe uses easy to find wood chips for a unique and easy way to cook Salmon. I have never been a big fan of planks for cooking. They are expensive and can be hard to find. I found this technique in an old recipe book I was looking through. I seemed easy, and it really was.

Ingredients:

- 1 lb salmon filet SKIN ON cut in half (2 pieces)
- Olive oil
- Ribs Within Rub 4 All (or Basic Rub - 1 teaspoon each sugar, salt, chili powder)
- Ribs Within Barbeque Salt or Hot Salt (optional) or season salt
- 2 handfuls of wood chips (any kind you like, I usually use apple), soaked for 30 min
- Tin foil (2 10"x7" pieces)

Method:

1. Soak wood chips for 30 minutes
2. Make 2 trays out of tin foil by folding each piece in half and folding up the edges to make short sides, it should be just bigger than the piece of fish (about 5"x 7" when folded). Make 4 small slits through the tinfoil for airflow.
3. Brush fish with a light coat of olive oil. Sprinkle Barbecue Salt or Hot Salt very lightly on the salmon. Then Sprinkle Rub 4 All or Basic Rub on the salmon.
4. Let the salmon rest while you turn your grill on high for 5 minutes and then clean with a brush
5. Place the foil trays on the grill place a layer of soaked wood chips on the foil and then the fish directly on wood chips.
6. Close the lid and cook for 8-10 minutes, until Salmon has your desired doneness.
7. Slide a spatula between the fish and the skin and remove the fish.
8. Enjoy over rice, or with your favorite pasta.