Planked Crab-Crusted Salmon  

8-10 Servings

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Quantity</th>
<th>Methods</th>
</tr>
</thead>
</table>
| Salmon Fillet, with skin (or equivalent in individual fillets) | 2 1/2-3 lb | Prepare Planks:  
1. Soak cedar planks in water for at least 1 hour.  
2. If using planks for the first time, place planks on grill and let heat for a few minutes, being careful not to char them too much. |
| Salt and Pepper to taste | 8-10 | Crab Coating:  
1. Season salmon with salt and pepper. Place salmon skin side down on plank.  
2. Crust: Whip butter in an electric mixer at high speed until it turns white and fluffy. Add the crabmeat, parsley, seafood seasoning, and lemon juice. Mix ingredients at low speed until they are fully incorporated. Slowly add the panko bread crumbs while mixing. Roll the crust into 1/4” between 2 sheets of wax paper. Put on cookie sheet and put into the freezer for a few minutes.  
3. Crusting the fish:  
Pat fish completely dry with paper towels. Remove crab sheet from freezer and peel off top sheet of wax paper. Place the fish fillets on top of the crab sheet. Using a sharp knife cut around each fillet. Flip the fillets over onto a greased sheet pan. Remove the other sheet of wax paper.  
| Cedar or Oak Planks | 1 pound |  |
| Crabmeat | 8 oz |  |
| Butter, softened | 1 1/2 cup |  |
| Panko Bread Crumbs | 4 tsp |  |
| Old Bay Seafood Seasoning | 6 TBL |  |
| Fresh Parsley, chopped |  |  |
| Lemon Juice – Juice from 1/2 lemon |  |  |

Is this Fish Fresh?

When shopping for fish, the best rule of thumb is to shop for whatever is local and in season at that time. Here are a few more tips:

**For buying whole fish:**

- **Look for bright, clear eyes.** The eyes are the window to a truly fresh fish, for they fade quickly into gray dullness. Dull-eyed fish may be safe to eat, but they are past their prime.
- **Next look at the fish.** Does it shine? Does it look metallic and clean? Or has it dulled or has discolored patches on it? If so, it is marginal.

**Smell it.** A fresh fish should smell like clean water, or a touch briny or even like cucumbers. Under no circumstances should you buy a nasty smelling fish. Cooking won’t improve it.

**Look at the gills.** They should be a rich red. If the fish is old, they will turn the color of faded brick.

**When buying fillets:**

- **Look for vibrant flesh.** All fish fade as they age. If the fillet still has skin, that skin should look as pristine as the skin on an equally good whole fish – shiny and metallic.
- **Smell it.** The smell test is especially important with fillets. They should have no pungent aromas.
- **Is there liquid on the meat?** If so, that liquid should be clear, not milky. Milky liquid on a fillet is the first stage of rot. If the fishmonger lets you, **press the meat with your finger.** It should be resilient enough so your indentation disappears. If your fingerprint remains, move on. Source: About.com