

## **Cedar Planked Salmon with Dill Sauce** (Contributed by Patricia Edwards)

Serves 50

### **Notes:**

Make sure that the salmon is at least 1 inch thick. The thin fish just dries out and is not very good.

This recipe is especially good for people on a diet of low salt, sugar and fat.

### **Method**

Soak the cedar planks in water for at least 3 hours. Put something heavy on them so that they are completely submerged.

23 lbs salmon, (6 oz /person)

Rub the salmon with Nantucket spices

(garlic, onion, dill, tarragon, peppercorns, paprika, lemon peel, fennel seed)

Place the salmon on the soaked planks and drizzle a SMALL amount of olive oil over the fish. Sprinkle with lemon juice.

Preheat the barbecue on medium high.

Cook the salmon for approximately 20 minutes per inch thickness, with the lid closed. The fish is cooked when it flskes apart when cut.

### **Dill Sauce**

750 g tub 0% plain yogurt

1 cup fresh dill chopped fine

1 cup low fat mayonnaise

Juice of 1 lemon.

It is important to make the sauce the day before, so that the flavours marry.