

SALMON A LA PLANCHA WITH CITRUS-DILL-VODKA MARINADE

Recipe from James Beard award-winning author Diane Morgan's cookbook, *Salmon: Everything You Need to Know + 45 Recipes*.

Serves 6

In Spain, cooking *a la plancha*—grilled on a metal plate—is a time-honored technique for preparing fish. Although free-form metal sheets were regularly used in the past, and sometimes still are, cast-iron griddles with a smooth surface are a better choice. I have a well-seasoned, large rectangular griddle that fits over two burners of my gas stove top and also works well on my outdoor grill. It is great not only for fish and seafood but also for vegetables that tend to fall through the bars of the grill grate and for flatbreads. It measures almost 20 in [50 cm] long and is 10 in [25 cm] wide and is the perfect size for a whole side of salmon. When the surface is smoking hot, the skin on the salmon sizzles the moment it touches the pan.

WHAT YOU'LL NEED

1 whole side of salmon, about

3 lb [1.4 kg], skin on and scaled, pin bones removed

1/4 cup [60 ml] extra-virgin

olive oil, plus more for rubbing

2 Tbsp vodka

Grated zest of 1 lemon, plus

2 Tbsp fresh lemon juice

2 Tbsp chopped fresh dill

1/2 tsp fine sea salt

1/2 tsp freshly ground black pepper

You will also need:

Plancha (large, rectangular griddle)



DIRECTIONS

1. Remove the salmon from the refrigerator 30 minutes before grilling to bring to room temperature. Pat dry with paper towel.
2. Prepare a medium-hot fire in a charcoal grill or preheat a gas grill to medium-high.
3. In a small bowl, combine the olive oil, vodka, lemon zest, lemon juice, dill, salt, and pepper and mix well to form a marinade.
4. Place the salmon, flesh-side down, on a large, rimmed baking sheet. Rub the skin generously with olive oil. Turn the salmon over, flesh-side up, and pour the marinade evenly over the top. Set aside while the grill heats.
5. When ready to grill, place the plancha on the grill grate directly over the fire and cover the grill. After 10 minutes, the plancha should be smoking hot. (If your plancha is well seasoned, there

- is no need to oil the surface. If it is new, brush it with oil to be sure the skin of the fish won't stick.) Uncover the grill, transfer the salmon, skin-side down, the plancha, and recover the grill. Grill the salmon, with-out turning it, until it is almost opaque throughout but still very moist, or an instant-read thermometer inserted into the center registers 115° to 120° F [45° to 49° C], 15 to 20 minutes, depending on the thickness of the filet.
6. Using two long spatulas transfer the salmon to a warmed platter. Serve the whole side of salmon on the platter family style, or cut the salmon into individual portions and transfer to warmed dinner plates. (I let the plancha cool down in place, or use tongs, heatproof gloves, or the spatulas to move the plancha to a heat proof surface to cool.)