

# CEDAR PLANK FISH

Prep time: 15 minutes  
Cook time: 20 minutes  
Serves 4 people



## INGREDIENTS

- 1 Cedar Plank, untreated
- 1 Whole Fish Fillet (450g – 700g)
- 1 tablespoon Olive Oil
- 1 teaspoon Smoked Paprika
- Small bunch of Dill Leaves
- 1 Lemon, sliced
- Salt and Black Pepper, freshly ground

## INSTRUCTIONS

1. Soak the cedar plank in water for 2 hours before you plan on braaiing, then drain.
2. Pat fish dry with paper towels. Then rub them with olive oil on both sides and generously season with salt, pepper and paprika on both sides.
3. Lay the fish on the cedar plank and spread the lemon slices and dill over the top.
4. Preheat your braai to medium to high heat for 10 – 15 minutes. Shift the coals to one side of the braai. Place the Cedar Plank in the centre of the hot grid.
5. Cover the braai and cook until the fish is cooked through, around 20 to 30 minutes. The internal temperature should read 57°C.
6. Transfer the fish and plank to a platter and serve right off the plank.

*Together, made better, with you:*

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