

Cooking with

GRILLING PLANKS



RECIPE EBOOK

GRILLING PLANKS 101

How do you use planks?

Soak the plank in warm water for 20 minutes to 1 hour, keeping it submerged.

Preheat oven or grill.

Place seasoned food on the plank. The plank should be fully covered by the food. This helps avoid flare-ups.

Add plank to preheated grill or in oven. Keep the grill lid or oven door closed while cooking. Do not leave unattended.

Cook food as desired. Cooking times will vary.

Discard the plank after use.

Flavor Pairings

Cedar: Fragrant, spicy smoke flavor

Salmon, vegetables, soft cheeses with a rind, pork chops and tofu.

Cherry: Sweet smoke flavor

Chicken, turkey, peaches and vegetables.

Hickory: Strong and bold smoke

Beef, lamb, wild game, bacon and fruits.

Maple: Subtle, balanced smoke

Pork, pizza, pineapple and vegetables

Red Oak: Medium, versatile smoke flavor

Beef, pork, lamb, wild game and fish.

Alder: Delicate, earthy flavor

White fish like halibut, seafood in general, vegetables and fruit.

GRILLING PLANKS FAQ

Can you use planks in the oven?

Yes! Oven planking is a great way to use planks when you don't want to brave the weather or use your grill. But note that oven planking is mostly a steaming method, rather than smoking. The flavor will be different, but delicious nonetheless.

Can you soak planks in beer?

Absolutely! Beer, wine, cider, the possibilities are endless. Just make sure that hard liquors are mixed with water. Also note that any alcoholic beverage will increase the chance of flare-ups.

Are grilling planks reusable?

Like movie sequels, the first one is normally the best. We don't usually recommend re-using planks, as they get pretty charred on the grill. But if you do decide to re-use the plank, make sure to rinse it with water (never soap) and place in the freezer. And only re-use with the same protein. Nobody likes fishy chicken.

How long should you soak planks?

We usually recommend soaking planks for 20 minutes to 1 hour.

Are planks only for salmon?

No way! You can plank pretty much anything: seafood, vegetables, fruit, pork, chicken, beef, wild game and more.

Do I really need a spray bottle of water?

Yes! Planks can (and often do) catch on fire. Make sure to have water to put it out quickly.

Do our planks have additives or chemicals?

No additives, no chemicals. Ever! Just pure, natural wood.

Where are your products made?

All of our products are sourced, manufactured and packaged in the USA.

CEDAR PLANKED SALMON



Total Time: 20 Minutes

Servings: 4

Ingredients:

- 5 x 11" Cedar Plank
- 1 (2-pounds) Salmon Fillet, with skin
- 2 Tbs. Brown Sugar
- Salt & Pepper

Directions:

1. Soak Cedar Plank in water for 1 hour, keeping it immersed.
2. Preheat grill to 400°F.
3. Place salmon on plank, skin side down; sprinkle with brown sugar, salt and pepper.
4. Grill with the lid closed for 12-15 minutes.
5. Have a spray bottle of water handy for flare-ups.
6. Remove from grill and let stand for 5 minutes before serving.
7. Enjoy!

RED OAK PLANKED COFFEE RUBBED STEAK TACOS



Active Time: 20 minutes

Total Time: 2 hours

Servings: 4

Ingredients:

- 1 Red Oak Plank
- 1 1/2 to 2 lb. Flank Steak
- Corn Tortillas

Dry rub:

- 1/3 cup Brown Sugar
- 1/3 cup Coffee, ground
- 1 Tbsp. Kosher Salt
- 1/2 tsp. Cayenne Pepper
- 1 tsp. Chili Powder
- 1 tsp. Paprika
- 1 tsp. Pepper

Toppings:

- 1 Shallot, sliced
- 1 cup Cherry Tomatoes, sliced
- 1/4 cup Cilantro, chopped
- 1 Lime, cut into wedges
- Cotija or Mexican Cheese, crumbled

Directions:

1. Mix all the dry rub ingredients together in a flat bowl. Rub the meat with dry rub and refrigerate for 1-2 hours.
2. Soak the Red Oak plank in warm water for 20 minutes to 1 hour.
3. Preheat oven or grill to 400°F.
4. Place the steak on the plank and place on the grill. Cook for 10-15 minutes, or until it reaches desired doneness. We like medium rare.
5. Keep the grill lid closed and keep a spray bottle of water handy in case of flare-ups.
6. Mix the tomatoes, cilantro, and onion together.
7. When done, remove from grill and let rest for 5 minutes before slicing.
8. Serve on corn tortillas with your favorite toppings.
9. Enjoy!

CEDAR PLANKED BUFFALO CHICKEN BITES



Total Time: 1 hour 30 minutes

Servings: 14 Bites

Ingredients:

- 7x15" Wildwood Grilling Cedar Plank
- 7 Chicken Thighs, boneless
- 7 oz. Mozzarella Cheese, cut into 14 pieces
- 7 Slices of Bacon, cut in half
- 1½ Tbsp. BBQ Seasoning
- ¼ cup Butter
- ¾ cup Cayenne Hot Sauce

Directions:

1. Soak the Cedar plank in warm water for 20 minutes to 1 hour.
2. Preheat your grill for indirect to 400°F.
3. Cut each boneless chicken thigh in half lengthwise. Fold around a piece of mozzarella cheese and wrap in bacon.
4. Place the chicken bites on the cedar plank and sprinkle with BBQ seasoning.
5. Place the Cedar plank on the indirect section of your preheated grill and cook for 1 hour. Keep a spray bottle of water handy, in case of flare-ups.
6. In a preheated skillet or saucepan, mix the butter and cayenne hot sauce together and bring to a simmer for 5 minutes.
7. Brush the chicken bites with the buffalo sauce about 10 minutes before they are ready to come out of the grill.
8. Serve and enjoy!

HICKORY PLANKED CHEESE-STUFFED BURGERS



Total Time: 40 minutes

Servings: 4

Ingredients:

- 2 Hickory Grilling Planks
- 2 lbs. Lean Ground Beef
- Cheddar Cheese
- Pepper Jack Cheese
- 2 Tbsp. Bread Crumbs
- 4 Buns
- 1 Tomato, sliced
- 1 Red Onion, sliced
- Lettuce
- Salt & Pepper

Directions:

1. Soak Hickory planks in warm water for 20 minutes to 1 hour.
2. Preheat grill to 400°F.
3. Combine ground beef, salt, pepper and bread crumbs. Form into 8 thin patties.
4. Slice Cheddar and Pepper Jack Cheese into small pieces and place on 4 of the patties (they will need to fit inside the patty, with room on the outside, to seal the patties together).
5. Add another patty on top to create stuffed burger.
6. Place two slices of red onion on each plank and add burger on top.
7. Add to grill and cook with lid closed for 15-20 minutes, or until desired done-ness.
8. Keep a spray bottle of water handy for flare-ups.
9. Add buns to grill on indirect heat for 2-3 minutes.
10. When done, remove plank and buns from grill and serve with your favorite burger toppings.
11. Enjoy!

RED OAK PLANKED BLOOMIN' ONION



Total Time: 25 minutes

Servings: 4

Ingredients:

5 x 11" Red Oak Plank

2 Sweet Onions (Walla Walla, Vidalia or Maui)

2 Tbs. Butter, melted

½ cup Panko Breadcrumbs

½ tsp. Salt

1 Tbs. Smoked Paprika

Dipping Sauce:

¼ cup Mayonnaise

2 tsp. Chili Powder Blend

Directions:

1. Soak Red Oak Plank in water for 1 hour, keeping it immersed.
2. Preheat grill to 400°F.
3. Trim both ends of the onions being careful to leave the root end intact; peel the outer skin.
4. Place onion on cutting board, root end up. Carefully section the onion, begin cutting ¼" away from the root and cutting straight down.
5. Turn onion over; carefully separate the petals and place on wet plank.
6. Mix the breadcrumbs, salt and paprika in a small bowl.
7. Brush each onion with melted butter then sprinkle evenly with the breadcrumb mixture.
8. Place on grill, reduce heat to 300°F, close lid and grill for 20 minutes, until cooked through and starting to brown.
9. Keep a spray bottle of water handy for flare-ups.
10. For the dipping sauce, thoroughly mix the mayonnaise and chili powder.

MAPLE PLANKED POTATOES



Total Time: 25 minutes

Servings: 4

Ingredients:

- 5 x 11" Maple Plank
- 2 pints Fingerling Potatoes
- 1 Tbs. Fresh Sage, chopped
- 1 Tbs. Fresh Thyme, chopped
- 1 Tbs. Fresh Rosemary, chopped
- 1 Tbs. Olive Oil

Directions:

1. Soak Maple Plank in water for 1 hour, keeping it immersed.
2. Preheat grill to 450°F.
3. Toss potatoes with remaining ingredients.
4. Place wet plank on grill, close lid and heat for 5 minutes. The plank will start to cup.
5. Flip plank over and carefully add potatoes.
6. Close lid and grill for 20 minutes, until crispy on the outside and tender on the inside.
7. Enjoy!