



Planking is becoming increasingly popular. The benefits of planking include:

- Protects food from burning
- Adds natural flavours to food (such as maple, cedar)
- Allows some food to be cooked on a BBQ instead of being wrapped in foil (such as fish)

Once you purchase a plank (natural wood only), follow these step-by-step instructions to get the best results:

Soak plank in water for at least one hour

A fully saturated plank produces maximum smoke and burns slower on the grill allowing for multiple uses

Oil the plank

Remove plank from the water and rub some olive oil on the plank before placing your food on the plank.

Add food and place on grill

Place food (fish, cheese, etc...) directly on the wet plank. Put the plank with the food on the grill and close the lid. This allows your food to absorb the flavour of the plank and keep the food moist.

Maintain temperature

Always keep the lid closed and try to keep the temperature in the barbecue around 350 degrees F for even cooking.

Serve

Make a great presentation by serving the food on the plank

Although most planks are single use, if you cooked with indirect heat you may be able to use it more than once. Before you do, wash plank in soapy water, cool in a dry place, and place in oven or BBQ for 5 minutes at 500 degrees before next use in order to sanitize it.

TIP: You can also pre-soak planks and freeze them to make them ready for use.

For more information, look at purchasing a BBQ Planking book such as the 2007 release of Ted Reader King of the Q.
