



## Cedar-Planked Char with Wood-Grilled Onions



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



218 kcal

SIDE DISH

### Ingredients



8 chives fresh



8 sprigs optional: dill fresh



8 sprigs parsley fresh



8 sprigs tarragon fresh



4 optional: lemon halved



4 servings olive oil for brushing



4 medium size onion red peeled halved



4 servings pepper white freshly ground

## Equipment

- ☐ frying pan
- ☐ oven
- ☐ grill
- ☐ aluminum foil

## Directions

- ☐ Prepare an indirect fire in your grill with a hot fire on one side and no fire on the other. For a charcoal grill, soak 1 cup wood chips or corncobs in water for at least 30 minutes and place directly on the hot coals when ready to plank. For a gas grill, place 1/2 cup dry wood chips or corncobs in a smoker box (or wrap chips in aluminum foil and poke holes in the foil) and place over direct heat in the back of the grill.
- ☐ In the cavity of each fish, place 2 sprigs each of tarragon, dill, and parsley, and 2 stems of chives. Season with salt and pepper.
- ☐ Place 2 fish on each plank.
- ☐ Brush the cut sides of the lemons and onions with olive oil.
- ☐ When you see the first wisp of smoke, place the planks on the indirect side of the grill. Set the onion and lemon halves, cut side down, directly on the grate over the fire and close the lid.
- ☐ Check the lemons after 2 or 3 minutes. If they have nice grill marks, remove them from the grill. The onions will take an additional 10 to 15 minutes and may be turned after the first 10 to 12 minutes. When they are nicely charred, remove them from the grill, too. Close the lid and continue to cook the fish until it is opaque and begins to flake when tested with a fork, 45 to 60 minutes total.
- ☐ Fillet the char and serve on a platter with the lemon and onion halves.
- ☐ Oven Smoke-Planking: Preheat the oven to 400°F.
- ☐ Place 1/2 cup dry wood chips or corncobs in a small metal pan on the bottom rack of the oven and let smolder for about 15 minutes before planking.
- ☐ Place the herb-stuffed planked fish in the middle of the oven. Oven smoke-plank for 45 to 60 minutes, or until the fish is opaque and begins to flake when tested with a fork.
- ☐ Garnish with lemon wedges. (Omit the onions.)

- ☐ This recipe can easily be divided in half if you have a grill that is too small to accommodate two planks at the same time, or you can stagger the cooking.
- ☐ From 25 Essentials: Techniques for Planking by Karen Adler and Judith Fertig. Copyright © 2010 by Karen Adler and Judith Fertig; photographs copyright © 2010 by Joyce Oudkerk Pool. Published by The Harvard Common Press.

## Nutrition Facts



### Properties

Glycemic Index:53.63, Glycemic Load:5.3, Inflammation Score:-8, Nutrition Score:14.101739354756%

### Flavonoids

Eriodictyol: 23.07mg, Eriodictyol: 23.07mg, Eriodictyol: 23.07mg, Eriodictyol: 23.07mg Hesperetin: 30.13mg, Hesperetin: 30.13mg, Hesperetin: 30.13mg, Hesperetin: 30.13mg Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg, Naringenin: 0.59mg Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg, Apigenin: 4.33mg Luteolin: 2.12mg, Luteolin: 2.12mg, Luteolin: 2.12mg, Luteolin: 2.12mg Isorhamnetin: 5.82mg, Isorhamnetin: 5.82mg, Isorhamnetin: 5.82mg, Isorhamnetin: 5.82mg Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg, Kaempferol: 1.03mg Myricetin: 0.87mg, Myricetin: 0.87mg, Myricetin: 0.87mg, Myricetin: 0.87mg Quercetin: 23.88mg, Quercetin: 23.88mg, Quercetin: 23.88mg, Quercetin: 23.88mg

### Nutrients (% of daily need)

Calories: 218.29kcal (10.91%), Fat: 14.8g (22.77%), Saturated Fat: 2.11g (13.21%), Carbohydrates: 23.96g (7.99%), Net Carbohydrates: 18.12g (6.59%), Sugar: 7.42g (8.24%), Cholesterol: 0mg (0%), Sodium: 10.84mg (0.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.66g (7.31%), Vitamin C: 71.96mg (87.23%), Vitamin K: 45.93µg (43.74%), Manganese: 0.59mg (29.73%), Fiber: 5.84g (23.35%), Vitamin B6: 0.32mg (16.11%), Iron: 2.72mg (15.1%), Vitamin E: 2.22mg (14.79%), Potassium: 451.99mg (12.91%), Folate: 49.68µg (12.42%), Calcium: 109.81mg (10.98%), Vitamin A: 480.37IU (9.61%), Magnesium: 37.38mg (9.35%), Vitamin B1: 0.11mg (7.19%), Phosphorus: 67.8mg (6.78%), Copper: 0.13mg (6.74%), Vitamin B2: 0.11mg (6.64%), Vitamin B5: 0.36mg (3.57%), Vitamin B3: 0.64mg (3.22%), Zinc: 0.47mg (3.11%), Selenium: 1.24µg (1.77%)