



TONS OF
USEFUL STUFF

Men's Health

SEPTEMBER 2011

STRONG & FIT

→ SEE RESULTS
IN RECORD TIME

YOUR NUTRITION

12 PERFECT MUSCLE FOODS

YOUR HEALTH

10 WAYS TO LIVE 10 YEARS LONGER

YOUR FITNESS

DOUBLE YOUR ENDURANCE

YOUR MONEY

WHERE TO INVEST RIGHT NOW

Avoid Grilling Gaffes

CLOSE OUT GRILL SEASON
WITH TOOLS THAT UPGRADE
YOUR COOKOUT GRUB

**Fish never cooks up
right on the BBQ**

SOLUTION

Cedar plank

Grilling fish doesn't
have to be tricky. A cedar
plank adds smokiness
and provides a nonstick
cooking surface. Find one
at most cookware shops.



\$15,
WILLIAMS-
SONOMA.
COM

Cedar-Smoked Salmon

WHAT YOU'LL NEED

- 4 skinless salmon fillets (8 oz each)
- 2 Tbsp dried thyme, tarragon, dill, or rosemary
- Salt and freshly ground pepper

PREP THE ELEMENTS

Soak the plank in water for 2 hours. Season the fillets with the herbs and some salt and pepper. Crank the grill to high for 10 minutes, and then reduce it to medium low. Place the soaked cedar plank on the grill.

COOK THE FISH

Place the fillets on the plank and cover with a large metal bowl. Grill until the flesh flakes easily in the center with a fork, about 15 minutes.
Makes 4 servings

Recipe by Marc Murphy, executive chef of Landmarc in New York City

Clash of the Titans'

**SAM
WORTHINGTON**
follows Avatar with The Debt

