

Salmon on a wooden plank - **Loimulohi**

How much time does it take?

About 1 hour for preparation and 1 hour for the salmon to cook.

Is it worth all the time and effort?

Yes, and this is in fact quite easy!

Do I need special skills or equipment?

You need wood (plank) and a fire.

Watch this video before you start:

<https://www.youtube.com/watch?v=h4BILBP3JFc>



Traditional Finnish fish dish - **Loimulohi** - is a fish prepared in a special way on the wooden plank. Typically, the fish used for this Finnish delicacy is salmon.

Preparing of this fish is very simple, that is why it is perfect food idea for cooking while enjoying the outdoors. Taste of this fish is much more interesting and more delicate than normal smoked fish in a box. Fish cooked on the wooden plank is immediately ready for serving.

Note: Make sure you have the landowner's permission to build an open fire, if you cook the salmon in the outdoors.

What do you need?

- Salmon fillet, ca. 1 kg
- Fine sea salt (3% of the weight of the fish)
- (Pepper and / or lemon or fish seasoning, according to taste)
- Wooden plank
- Wooden pegs (nails) OR normal iron nails

What you also need is a fire. Usually an open fire, but you can also cook the salmon indoors in front of a fireplace or wood-heated oven. The photo used here is taken by one of college coordinators, Ms Sari Rossi-Ollila. (The photo was taken in November 2020 and the fish in the photo took 40 minutes to cook.)

Cooking time is about 1 hour.

What do you need to do?

1. Salt the fillet about 6 hours before smoking. (If you do not pre-salt the fish, you can also sprinkle the fillet with salt as you smoke it.)

2. Put the salmon fillet on a wooden plank for cooking skin side down. Pin the fillet to a board with wooden pins or nails.
3. Make a fire and give the firewood time to burn a little. Put the wooden plank with the fish vertically on the edge of the fire. The distance between fire and fish should be about 20 cm.
4. Depending on the size and thickness of the fish, the cooking time is approximately 1 hour. You can sprinkle the fish with lemon juice from time to time, if you wish to use lemon.
5. Serve the fish warm, no need to remove it from the plank. You can use the plank as a serving dish.

Smoked salmon made in an electric smoker - [Savulohi](#)

If you do not have the possibility to cook the fish on an open fire, you can use an electric smoker and prepare smoked salmon - [Savulohi](#).



In order to create the smoke, you need smoking chips made of for example alder, maple or apple tree.



The recipe is exactly the same; fish fillet and salt. Since we do this quite often in my house, my instruction is to add the salt the night before and keep it refrigerated overnight. The electric smoker is somewhat faster; a 1 kg fillet takes 45 minutes to cook. (800 grams = 30 minutes)



Finally - enjoy! [Hyvää ruokahalua!](#)



Text: Tuija

Photos: Sari and Tuija