

# Outdoor Rec / Sports



Submitted Photo.

Chase digs in to the special trout meal with a fish he caught for the family.

## Cedar plank grilled trout



**THE OUTDOOR COLUMN**  
By Nick Myatt

*Editor's Note: This week's guest columnist, Nick Myatt, is a local father, husband, wildlife biologist, and lifelong hunter introducing his kids to hunting. He runs GrowingHunters.com, a popular blog. Readers can go there to sign up for his blog for free!*

### A Special Meal using a Special Fish

Last weekend I took my boys (3 and 5) on their first ice fishing trip. We were fortunate to come home with 10 beautiful trout, but one in particular was a special fish

Just after getting set up, one of the tips on our small ice fishing rods began to dance with the tell tale sign of a hungry trout below the ice. I set the hook and quickly handed the rod to my five-year-old son Chase.

### Boy with trout

As the fish neared the small hole in the ice, I was shocked to see that this fish was not the 10" trout I was expecting out of this small farm pond. As the trout's head broke the surface of the icy water, I grabbed it just as the aged 3 pound test fishing line snapped

Chase grinned ear to ear as we all ogled over the 16" rainbow flopping at our feet – his first time ice fishing and by far his biggest fish ever.

### A Special Preparation

This was a special fish for Chase so I wanted to come up with a special way to prepare it for the whole family to enjoy – making the experience even more memorable for him.

I decided to grill the trout whole on a cedar

plank, a preparation I have always wanted to try but never have.

I am a firm believer that you can learn to do anything on the internet, so I quickly started angling through the cyber world of trout recipes.

### How to

#### Grill Trout on a Cedar Plank

How hard could this be? Stick trout on board and grill. Right? Well it turns out that yes, it is easy but after some research there is definitely no standard way of doing it.

Here is what I learned and how I cooked the fish

#### Cedar Plank:

You need a cedar board to grill the fish on. Most large grocery stores, seafood markets, and culinary supply stores sell boards for this purpose but you can usually buy them cheaper online.

I have heard of DIYers heading down to their local lumber yard and buying an untreated fence board to save a couple bucks. Not me. I am the first person to save a buck and make something yourself, but with lumber I don't trust folks enough to ensure there are no preservatives, fungicide, insecticide, etc. on the wood and put it in my families mouths. My suspicions were confirmed when I found a few lumber mill workers online that said they would never eat off an untreated fence board, saying that in the mill they use all kinds of solvents and oils on the machinery.

To prep the board, soak it for 1 to 2 hours prior to grilling. Some information I read called for pre-heating the board on the grill for a few minutes before placing the fish on the plank. I didn't do this but in hindsight I wished I had.

You can reuse boards as long as they don't get too charred on the bottom after grilling. I suspect that

overtime the board will lose some of its flavor but it seemed like I could easily have used my board another time or two. If you do plan on reusing the board, just clean it with warm water—unless you are the type that enjoys trout flavored with Dawn dish soap.

#### The Trout:

To prepare the fish, first gut the fish by making a slit with a knife from the fish's vent, up through the center of the belly, all the way to the gills. Using your knife and hands, remove all of the entrails and gills – leaving skin, flesh, bones, and fins intact

You can cut off the head and trim off the tail and fins but I think eating a fish whole adds to the experience – especially for a five year-old who gets excited when mom is grossed out by cooked fish eyes

#### Dress It Up:

Trout has a mild, delicate flavor so you don't want to overwhelm it with bold flavors. I flavored the fish by opening up the stomach cavity and applying a liberal sprinkling of kosher salt and a handful of lemon slices inside and on the fish. I found the acidity of the lemon compliments the subtle fattiness of the trout.

#### Grilling the Trout:

I found some recipes that called for indirect heat, some that called for direct heat, while others prescribed a combination of the two – I chose a mix of both direct and indirect heat.

I preheated my Weber Genesis (love my grill!) gas grill on medium, leaving one of the 3 burners off so the fish could cook on the indirect heat a portion of the time.

Starting the plank on indirect heat gave the board time to warm. I was worried if I put the plank on direct heat to start, the bottom of the board would start blacken before the fish and top of the board had started warming up.

Cooking time will be variable depending on the size of the fish and thickness of your plank. I cooked the fish on indirect heat for about 15 minutes and then slid the plank

onto direct heat for the last 10 minutes. The grill temperature was around 375 the entire time.

As the fish grilled, the distinctive smell of cedar smoke filled the air. It smelled just like a sauna (think small, wood fired sauna down by the lake—not naked, old men at the gym).

I took the fish off the grill and let it rest for at least five minutes before sliding back the leathery skin to reveal the delicate meat below.

#### Presentation, Presentation, Presentation:

Creating tasty meals is not all about satisfying your palate. It is amazing how a visually appealing presentation can enhance the experience and flavor – cook for your palate but plate for your eyes! Plate your fish with fresh, contrasting colors in your garnish. I choose a simple presentation of lemon wedges and flat leaf parsley, placed over a clean, white serving dish.

#### The Final Product.

I laid the cooked fish down in front of Chase and his eyes widened knowing that this was a special meal that he provided for the family. Sure he does get excited over hot dogs and macaroni and cheese, but he knew this meal was different.

Going into this culinary experience, I was suspect whether the cedar flavor would actually show up in the taste of the meat.

As I served the dish, the aroma of cedar quietly filled the room. As I took my first bite of delicate, moist meat, I was surprised to find the smoked cedar aroma does show up in the taste of the meat but it is very subtle. Any other flavor, even a squeeze of fresh lemon juice, would overpower and potentially hide the essence of cedar.

So the real question – would I cook trout again this way? Yes. While the cedar flavor is slightly hidden in the delicate meat, the bang of the presentation, the uniqueness of the preparation, and the tradition of the cedar plank makes this meal a necessity for a special occasion – or a special fish

## Wrestlers have busy week

Submitted by Brandon Young

First was an exciting dual with Mac-Hi on Thursday, then the Grant Union Tournament, and then we finished off in Madras at the White Buffalo Classic. And four of our younger guys went to Imbler on Saturday as well.

**Baker 30, Mac-Hi 47:** With only 14 kids in our lineup we cannot afford to have anyone out. We had two key wrestlers out and it hurt us. Hopefully we can get everyone on track by next week and end with a different result on Thursday against LaGrande and Payette. We started at 285. After the 120 pound match Mac-Hi had built a 6-13 lead. Whoever won the 120 pound match was likely going to win the dual. It was also by far the best match of the dual. With Elijah Banister trailing 1-6 in the first round, he battled all the way back and came within 2 points, but lost 8-11. We had to try and come up with a way of getting the points back. The way we had it figured the best we could do after this was 36-41 Mac-Hi. So we took a gamble at 138 and put Nick Blair in. Nick did a great job and gave it all he had. It's a tough job for a freshman to get called up to the big leagues. I'm proud of Nick, he went for it! After inserting Nick we bumped everyone else in our lineup up a weight class. We took a gamble and it didn't work. But, that's all we can do is try to win. Final score Baker 30, Mac-hi 47

#### Weight-Name-Record-Pins

285-Will Goodwin (Bk) Lost 0-11 to G. Moreno (MH)  
106-Baker Forfeit to Z. Crisman (MH)  
113-Jace Hays won by Fall over D. Zerba (MH)  
120-Elijah Banister lost 8-11 to R. Chester (MH)  
126-James AhHee won by Forfeit  
132-Logan Valentine won by Fall over I. Riley (MH)  
138-Nick Blair Lost by Fall to B. Ryan (MH)  
145-Marco Vela Won by Fall over G. McAlester (MH)  
152-Sean Stanford Lost by Fall to C. Skramstad (MH)  
160-Dylan Feldmeier lost 5-13 to A. Shaw (MH)  
170-Baker Forfeit to J. Jones (MH)  
182-Sam Harper Lost by Fall to V. Roff (MH)  
195-Peter Baker Won by Fall over J. Torres (MH)  
220-Baker Forfeit to J. Podolski (MH)

#### Grant Union Tourney:

113-Jace Hays, 2-0, 1 pin  
113-Jesse Hamann, 1-1, 1 pin  
120-James AhHee, 3-0, 3 pins  
120-Elijah Banister, 3-0, 3 pins  
132-Logan Valentine, 3-1, -  
132-Nick Blair, 1-1, 1 pins  
138-Marco Vela, 2-0, 2 pins  
145-Sean Stanford, 3-0, 2 pins  
152-Dylan Feldmeier, 2-1, 1 pin  
170-Peter Baker, 2-1, 1 pin  
170-Sam Harper, 0-2, -  
285-Will Goodwin, 1-1, 1 pin

Overall the Bulldogs went 23-8 with 17 Falls. Jace Hays defeated State Champ/Muilenburg Champ Ryan Smith by a 6-0 decision. Peter Baker defeated Elgin's Vermillion 7-0 and nearly had Chad Witty of Union. Logan Valentine had the toughest pod out of everyone today. Sean Stanford has been working in the classroom and is finally eligible!! He went 3-0 on the day

**Madras:** We brought 9 wrestlers and were doubled up at 120lbs with James AhHee and Elijah Banister. You can only have one scorer per weight class so we had a total of only 8 scorers out of 14 weight classes. Our team started out on fire in the first round with everyone advancing to the next round. We battled back and forth from 1st place to 3rd in team points throughout the day with South Albany and Summit High Schools. Even though Elijah was not scoring team points he was still helping block other teams scorers from accumulating team points. In the quarter finals he was losing to Summit's varsity wrestler Thomas Brown and battled back to take the lead in the 3rd round and then got the fall. Elijah finished with 3rd place. Peter Baker also finished in 3rd at 170lbs. He had his hands full with Logan Blake a stout Bend opponent. He told me, "The only thing I could think about was I can't let that little freshman (teammate Elijah Banister) place higher than me!" Peter was losing after the first round 2-1 but was able to gain the lead on hold on for a 4-3 victory. In the Championship Semi-Finals James AhHee was losing 6-2 entering the third period and then unleashed the beast. He went after his Wilsonville opponent turning him for a 3 point near fall with about 40 seconds left in the match. His opponent was able to fight off his back and maintain the lead over AhHee 6-5. But then with about 15 seconds left AhHee turned him again and got a 5 count from the official signifying that as soon as his opponent came back to his belly he would be awarded a 3 pt near fall, and then the crowd erupted as AhHee pinned him with literally 1 second remaining on the clock! Marco Vela pinned all of his opponents enroute to the finals where he faced a tank from South Albany, Ron Beverly. With the team race so close towards the end of the tournament we put the pressure on Will Goodwin and he answered by pinning his opponent in the Championship Semi-Finals to advance to the finals. Will finished with 2nd place. Logan Valentine had a great tournament pinning his first two opponents and then he met Jace Oppenlander of Madras in the Championship Semi-Finals. It was a close match with Valentine trailing 1-2 when he made one mistake and got taken to his back for the fall. We can fix that and hopefully get a rematch at the state tournament. Logan pinned his next opponent Blake Snow of Bend in the first round to finish with 3rd place. Sean Stanford and Dylan Feldmeier both competed very well, but were eliminated before making it to a placement round. And our lone champion was once again Sophomore Jace Hays with a dominant performance, pinning all of his opponents enroute to the Finals where he won 11-0 over Quanton McCoy of Summit.

The Bulldogs finished in 2nd place overall in team points with 143. South Albany was 1st with 162 and Summit was 3rd with 129 points.

Next up is LaGrande/Payette on Thursday at 4 p.m. Then the Middle School's "Baker Brawl" on Friday. And then the high school team travels to the Homedale Dual Tournament on Saturday.

## Local swimmer competes in Ellensburg

Submitted by Noel Scott

Riana Scott was the only local swimmer to attend the 2015 Winter Open in Ellensburg, WA on Jan. 24-25. There were 327 athletes representing 11 teams from Oregon & Washington. Listed below

are her results.

Girls 11-12 200 Yard IM 1 Scott, Riana L 12 LGSC-IE 2:23.63  
Girls 11-12 100 Yard Breast 1 Scott, Riana L 12 LGSC-IE 1:15.58  
Girls 11-12 100 Yard Free 1 Scott, Riana L 12 LGSC-IE 58.34\*  
Girls 11-12 100 Yard Back 1 Scott, Riana L 12 LGSC-IE 1:08.00\*  
Girls 11-12 500 Yard Free

1 Scott, Riana L 12 LGSC-IE 5:41.47  
Girls 11-12 100 Yard IM 1 Scott, Riana L 12 LGSC-IE 1:07.70  
Girls 11-12 200 Yard Back 1 Scott, Riana L 12 LGSC-IE 2:24.00  
Girls 11-12 50 Yard Free 1 Scott, Riana L 12 LGSC-IE 27.57  
Girls 11-12 200 Yard Breast 1 Scott, Riana L 12 LGSC-IE 2:37.60\*

Girls 11-12 200 Yard Free 1 Scott, Riana L 12 LGSC-IE 2:08.81

Scott set new meet records in the 100 Free, 100 Back and 200 Free. The next meet for LGSC and BST is the Inland Empire Short Course Championships on February 27-March 1, for swimmers who have qualified