



# INSTRUCTIONS

*For Making Homemade*

# SMOKED FISH

## Pre-Prep Procedures:

- Assemble fish, brine mix, thermometers, aprons and assure cutting boards and knives are clean and sanitized. Use non-reactive containers, such as stainless steel or non-metallic tubs or bowls.
- Use untreated water or bottled water when available. Urban water treatment facilities use chemicals, such as chlorine and iodine which can noticeably alter the taste of your fish.



- Fish over 12" and/or 1 lb. should be filleted or split along their backbone for a more even brine distribution and overall cook/smoke process (See Tip 1 & 6).



- Presoak fish/fillets in a light saltwater brine (4 oz. table salt and 1 gallon water) for at least 30 minutes.

This will remove any defused blood from the flesh and slime from the skin of the fish.



- Mix brine and cure into 1 gallon of water (for 12 to 15 lbs. of fish). (See Tip 7)

For smaller batches (5 lbs. or less) mix 1/2 of brine mix (6.75 oz.) and half of one cure packet with 2 quarts of water.



- Put fish/fillets into brine solution and keep submerged. Store at 36° F. to 40° F. for 12 to 16 hours. Thicker fish/fillets should soak for up to 24 hours. Stir fish periodically for a more uniform cure.



- Remove fish/fillets from brine solution and flush (do not soak) in fresh water to remove excess brine. Used brine solution should be discarded (do not discard on grass). Do Not Reuse.

Pat fish dry with paper towel prior to cook process (See Tips 8 & 9).



## 6. COOKER/SMOKER SCHEDULE:

Suggested Cook Schedule - results may vary with different types of cooker/smokers.



- Set initial cooker/smoker temperature to 160° F. to 180° F.
- Place fish, skin side down, onto screens or racks that have been lightly coated with vegetable oil (to help prevent skins from sticking). Insert an oven proof thermometer into the center of the thickest fish.
- Apply smoke approximately 1/2 hour into cooking cycle.



**D.** Total combined smoke/cook time should be approximately 5 to 8 hours, depending on smoker, amount of fish, and desired color and doneness preferences (See Tips 3, 4, & 5). Cook to an internal temperature of 160° F. to 165° F.

Different size fish will cook in varying amounts of time. After approximately 2 to 4 hours of cooking, test smaller/thinner pieces for doneness. Process may need to be repeated as necessary with batches using a variety of fish sizes.

**E.** Remove fish from smoker when done cooking/smoking and let cool down.

**7. STORAGE:** Cooked fish may be refrigerated for 3 to 5 days. For longer storage; wrap, identify, date, and freeze.

## TIPS & TRICKS

- 1. FISH:** For larger fillets of fish (such as King Salmon, Halibut, Kamloop Rainbow, etc.) cut/score laterally about half way through the flesh every 1.5" or 2" to allow the brine to penetrate into the middle of the meat. This will provide for a better and more balanced taste and cure.
- 2. BIRD:** If cooking fowl on screens in a smoker, first place bird in sockette mesh bags or tie legs and wings tightly to the bird's body.
- 3.** Most small smokers have hotter and cooler temperature zones within their smoke chambers. To help obtain an even cook, rotate fish/bird at least once or twice during the cook cycle.
- 4.** Keep similar sized fish/bird together on the same screen/racks to help maintain even cooking results. Smaller segments will be finished first and should be removed as done, while larger sections complete their cook cycle. Cook all portions to an internal temperature of 160° F. to 165° F.
- 5.** If your smoker is having difficulties reaching the required temperature range, a conventional oven can be used to help finish the cooking cycle, if necessary. Use a conventional oven only after the smoke cycle is completed. Oven setting of 200° F. to 225° F. is best. Leave fish/bird in oven until internal temperature of 160° F. to 165° F. is achieved.
- 6.** This Hi-Country brine mix can also be used with shellfish, crawfish, lobster, clams, scallops, oysters, and more!
- 7.** For a tasty, unique flavor, try using a 12 oz. can of frozen apple juice concentrate in the brine solution.
- 8.** Topping Fish to Add a Gourmet Touch: Try sprinkling some coarse seasoning (crushed chili peppers, coarse black pepper bacon bits, etc.) to the top of the fish, which will lock onto the surface as the fish dries.
- 9.** Baste the top of the fish with apricot sauce, honey, orange sauce, etc. to create a flavored smoky taste.