

# Smoked Salmon

## Ingredients:

- 2 salmon, fillets
- 1/2 cup kosher salt
- 1/2 cup kosher sugar
- 1/2 cup dark brown sugar
- 1 tablespoon crushed black peppercorns

## Directions:

1. In a large bowl, mix together salt, sugar, brown sugar, and peppercorns.
2. Spread extra-wide aluminum foil a little longer than the length of the fish and top with an equally long layer of plastic wrap. Sprinkle 1/3 of the rub onto the flesh of the salmon. Place second side of salmon, flesh down, onto the first side. Use the remaining rub to cover the skin on the top piece. Fold plastic over to cover then close edges of foil together and crimp tightly around fish.
3. Place wrapped fish onto a plank or sheet pan and top with another plank or pan. Weigh with a heavy book or brick and refrigerate for 12 hours. Flip the fish over and refrigerate another 12 hours. Some juice will leak out during the process so make sure there's a place for the runoff to gather. Unwrap the fish and rinse off the cure with cold water. Pat salmon with paper towels then place in a cool, dry place (not the refrigerator) until the surface of the fish is dry and matte-like, 1-3 hours depending on humidity. A fan may be used to speed the process.
4. Smoke fish over smoldering hardwood chips or sawdust, keeping the temperature inside the smoker between 150°F and 160°F until the thickest part of the fish registers 150°F. Serve immediately or cool to room temperature, wrap tightly and refrigerate for up to 3 days.

<b>Nutrition Facts</b>	
Serving Size (36g)	
Servings Per Container 30	
Amount Per Serving	
<b>Calories</b> 60	Calories from Fat 15
<b>% Daily Value*</b>	
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 1550mg	<b>65%</b>
<b>Total Carbohydrate</b> 6g	<b>2%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 6g	
<b>Protein</b> 6g	
Vitamin A 2%	Vitamin C 0%
Calcium 0%	Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories:	2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

For more information, please contact:

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Source: foodnetwork.com

