



SMOKED FISH

Prep Time: 15

Cook Time: 2.5 hours

Servings: 8

Cooking Method: Smoking

Difficulty Rating: ●●●○○

Ingredients:

2 x Fish Fillet, skin-on and boned
Or
1 x Whole Fish, backbone and pin bones removed

Brine:

2 Cups Water
½ Cup Soy Sauce
¾ Cup Dark Brown Sugar or Treacle Sugar
½ Cup Sea Salt
½ Tablespoon Granulated Garlic

Sour Cream:

1 Cup Sour Cream
½ Cup Fresh Chopped Dill
Pinch of Salt
Freshly Ground Pepper
Capers

For Smoking:

1 Cup Oak or Apple Wood Chips for fillets (soaked for 30 minutes before use)
2 Cups for whole trout (soaked for 30 minutes before use)
Vegetable Oil, for grill basket

Method

1. Combine water, soy sauce, sugar, sea salt and granulated garlic in a non-reactive dish, cover the fish with brine and refrigerate for 2 hours.
2. In the meantime, set up your smoker for direct and indirect heat by building your charcoal fire to one side or in the separate firebox. Get the temperature to a steady medium heat. Place a drip pan under the braai grid in the indirect heat zone.
3. For fillets place 1 cup of soaked wood chips on the coals. For whole fish, keep ½ cup soaking to add later in the smoke.
4. Remove fish from brine and place in lightly oiled grill basket and place the grill basket over the drip tray. If you don't have a grill basket, simply shape aluminium foil into a box shape and poke several holes in the bottom to allow heat and smoke through.
5. For fillets, smoke for 12 – 15 minutes or until cooked through.
6. For whole fish, smoke for 10 minutes, flip basket. Drain and add remaining ½ cup of wood chips to the coals. Continue to smoke for 8 – 10 minutes or until cooked through.
7. In a mixing bowl, combine sour cream, salt, pepper and chives. Serve with dollop of sour cream, capers, lemon wedges and your favourite salad.
8. You can try this same method with your favourite fish, like Hake, Kingklip or Steenbras.

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