



Brined and Smoked Smelts

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



930 min.

SERVINGS



6

CALORIES



79 kcal

SIDE DISH

Ingredients

- 1 teaspoon allspice
- 1 cup apple cider vinegar
- 0.5 teaspoon peppercorns whole black
- 2 sprigs optional: dill fresh
- 1 garlic clove halved
- 1 pound ice cubes
- 1 teaspoon juniper berries
- 0.5 cup kosher salt

- 0.5 cup sugar
- 24 smelts with head and tails left on and other fins removed cleaned
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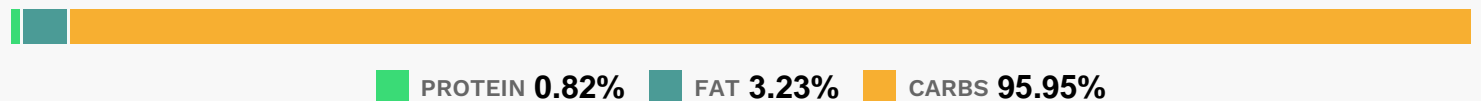
Equipment

- frying pan
- paper towels

Directions

- Rinse the smelts in cool running water. Set aside.
- Place all of the remaining ingredients, except the ice, into the electric kettle. Bring to a boil.
- Add the ice and stir until the mixture is cooled.
- Transfer the liquid to a 1-gallon resealable bag along with the smelts. Seal and place in a container so that all of the fish are in the brine.
- Place in the refrigerator for 30 minutes to 1 hour.
- Remove the smelts from the brine, rinse and pat dry.
- Place the smelts onto a paper towel-lined sheet pan, layering with paper towels in between if they won't fit in 1 layer. Allow to dry in the refrigerator overnight.
- The next day, place the smelts onto racks, belly side down, separating them by at least 1/4-inch and place into a smoker. Turn the smoker on so that it maintains a temperature of 150 to 160 degrees F. Adjust heat, as needed, and cook for approximately 3 hours or until desired level of doneness.

Nutrition Facts



Properties

Glycemic Index:33.68, Glycemic Load:11.94, Inflammation Score:-1, Nutrition Score:1.0117391408624%

Flavonoids

Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg, Quercetin: 0.05mg

Nutrients (% of daily need)

Calories: 78.82kcal (3.94%), Fat: 0.27g (0.42%), Saturated Fat: 0.03g (0.17%), Carbohydrates: 18.24g (6.08%), Net Carbohydrates: 17.96g (6.53%), Sugar: 16.8g (18.67%), Cholesterol: 0mg (0%), Sodium: 9437.88mg (410.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.16g (0.31%), Manganese: 0.2mg (10.22%), Calcium: 19.16mg (1.92%), Copper: 0.03mg (1.74%), Iron: 0.27mg (1.53%), Potassium: 47.3mg (1.35%), Magnesium: 4.89mg (1.22%), Fiber: 0.28g (1.13%)