



Car Dogs' Sweet Cured and Smoked Salmon



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



448 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup firmly brown sugar light packed
- ☐ 1 tablespoon dill weed dried
- ☐ 3.5 teaspoons savory dried
- ☐ 2.5 teaspoons tarragon dried
- ☐ 3.5 tablespoons garlic powder
- ☐ 3.5 tablespoons onion powder
- ☐ 1 cup mesquite wood chips
- ☐ 3 lb salmon fillet whole

☐ 1 cup salt

Equipment

☐ bowl

☐ frying pan

☐ baking sheet

☐ plastic wrap

☐ roasting pan

☐ grill

☐ kitchen thermometer

☐ aluminum foil

☐ spatula

Directions

☐ In a bowl, mix salt, 1 cup brown sugar, 3 tablespoons garlic powder, 3 tablespoons onion powder, 1 tablespoon savory, 2 teaspoons dried tarragon, and all of the dill weed.

☐ Rinse salmon and pat dry. Set salmon, skin down, in an 11- by 17-inch roasting pan lined with plastic wrap.

☐ Spread salt mixture evenly over flesh of salmon. Cover and chill 3 hours.

☐ Rinse fish under cool water and pat dry. Set fillet, skin down, on a large sheet of foil; cut foil to fit outline of fish.

☐ Let fish stand until flesh is tacky to touch, 20 to 30 minutes.

☐ Meanwhile, in a small bowl, mix remaining 2 tablespoons brown sugar, remaining 1 1/2 teaspoons each garlic powder and onion powder and remaining 1/2 teaspoon each savory and tarragon.

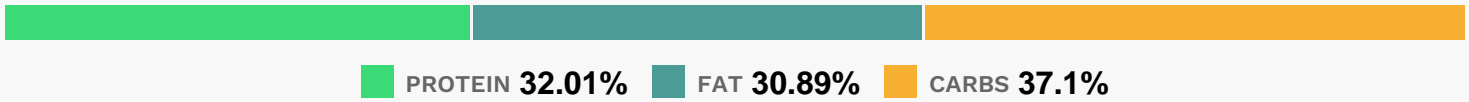
☐ If using charcoal, mound 50 briquets on the firegrate of a barbecue with a lid and ignite; if using a gas grill, turn heat to high and close lid.

☐ Pour enough warm water over wood chips in a bowl to make them float; let soak at least 15 minutes.

☐ When coals are dotted with gray ash, in about 20 minutes, push half to each side of firegrate.

- ☐ Drain wood chips and scatter half on each mound of coals. If using a gas grill, adjust for indirect heat; put drained chips in a foil pan and set directly on heat.
- ☐ Cover barbecue and heat until chips start to smolder, about 10 minutes. Set grill 4 to 6 inches above the firegrate.
- ☐ Place salmon on foil in center of grill (not directly over heat).
- ☐ Sprinkle sugar mixture evenly over fish.
- ☐ Cover barbecue and cook salmon until a thermometer inserted in center of thickest part reaches 140, 20 to 25 minutes.
- ☐ Using two wide spatulas, slide fillet with foil onto a rimless baking sheet, then transfer from sheet to a platter. Tuck edges of foil under fillet.
- ☐ Serve hot or cool.

Nutrition Facts



Properties

Glycemic Index:17.42, Glycemic Load:5.18, Inflammation Score:-5, Nutrition Score:26.95478262396%

Nutrients (% of daily need)

Calories: 447.87kcal (22.39%), Fat: 15.33g (23.58%), Saturated Fat: 3.04g (19.01%), Carbohydrates: 41.42g (13.81%), Net Carbohydrates: 39.19g (14.25%), Sugar: 26.96g (29.96%), Cholesterol: 93.55mg (31.18%), Sodium: 14379.64mg (625.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.74g (71.47%), Selenium: 63.9µg (91.29%), Vitamin B12: 5.41µg (90.15%), Vitamin B6: 1.56mg (77.9%), Vitamin B3: 14.17mg (70.84%), Vitamin B2: 0.67mg (39.55%), Phosphorus: 392.47mg (39.25%), Potassium: 1103.8mg (31.54%), Vitamin B5: 3.07mg (30.75%), Vitamin B1: 0.44mg (29.25%), Copper: 0.5mg (25.09%), Magnesium: 67.67mg (16.92%), Iron: 2.79mg (15.47%), Manganese: 0.29mg (14.49%), Folate: 54.62µg (13.66%), Zinc: 1.5mg (9.99%), Fiber: 2.23g (8.91%), Calcium: 83.92mg (8.39%), Vitamin C: 3.14mg (3.81%), Vitamin A: 118.47IU (2.37%)