



Hot Smoked Salmon

READY IN

ready

75 min.

SERVINGS

servings

6

CALORIES

calories

508 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tablespoons cream cheese at room temperature
- ☐ 1 cup hothouse cucumber grated seeded
- ☐ 0.3 cup brown sugar dark packed
- ☐ 1 large flat disposable foil pan
- ☐ 0.5 cup optional: dill fresh minced
- ☐ 0.3 cup flat-leaf parsley fresh minced
- ☐ 0.3 cup granulated sugar
- ☐ 6 servings kosher salt
- ☐ 6 servings kosher salt and pepper black freshly ground

- ☐ 2 tablespoons juice of lemon freshly squeezed
- ☐ 1 tablespoon lemon zest grated 2 lemons
- ☐ 1 teaspoon lemon zest grated
- ☐ 0.5 cup mayonnaise such as hellmann's good
- ☐ 0.5 cup yogurt plain such as stonyfield
- ☐ 2 pounds king salmon fillets whole cut in serving pieces
- ☐ 0.5 cup scallions white green chopped 4 scallions
- ☐ 0.5 cup heavy whipping cream sour
- ☐ 1 tablespoon coarsely ground peppercorns black

Equipment

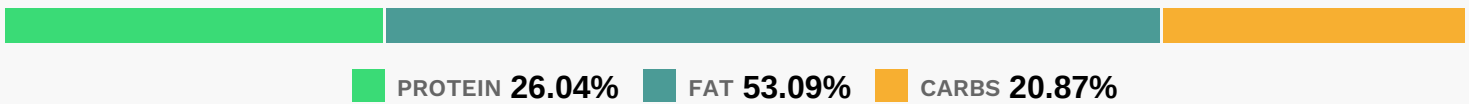
- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ plastic wrap
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Special equipment: 3 cups wood chips such as oak, hickory, or mesquite Charcoal
- ☐ The night before serving, combine the granulated sugar, brown sugar, 2 tablespoons salt, the peppercorns, and lemon zest in a small bowl.
- ☐ Place the salmon fillets skin-side down on a large flat ceramic or glass dish.
- ☐ Spread the mixture evenly on top of the salmon. Cover the dish with plastic wrap and refrigerate.
- ☐ At least 1 1/2 hours before you plan to cook the salmon, soak the wood chips in water.
- ☐ Thirty minutes before youre ready to cook, heat the charcoal.
- ☐ Place a double layer of coals on one side of the grill, light them, and allow them to burn until the coals are gray on the outside. (I use a charcoal chimney to light the coals.)

- ☐ Sprinkle half the soaked wood chips on the hot coals (you will see lots of smoke). On the other side of the grill, place the foil pan and pour in 1 cup water.
- ☐ Place the cooking grate over the coals and the pan.
- ☐ Scrape most of the sugar mixture off the salmon and sprinkle with 1 teaspoon of salt.
- ☐ Place the salmon skin-side down on the side of the grill directly over the foil pan.
- ☐ Put the lid on the grill, making sure the top and bottom vents are open. Smoke the salmon for 10 minutes.
- ☐ Add the remaining wood chips directly on the coals and cook for 5 to 10 more minutes, depending on the thickness of the salmon, until it's firm to the touch and barely cooked. Don't overcook the salmon or it will be dry!
- ☐ Transfer the salmon to a clean platter and immediately cover tightly with aluminum foil. Allow to rest for 10 minutes.
- ☐ Remove and discard the skin, if desired, and serve hot, at room temperature, or cold with the Fresh Dill Sauce.
- ☐ Place the mayonnaise, sour cream, yogurt, cream cheese, scallions, dill, parsley, lemon zest, lemon juice, 2 teaspoons salt, and 1 teaspoon pepper in the bowl of a food processor fitted with the steel blade. Puree for a few seconds, until well mixed.
- ☐ Add the cucumber and puree for another few seconds, until combined.
- ☐ Pour into a container and refrigerate for a few hours to allow the flavors to develop.

Nutrition Facts



Properties

Glycemic Index:70.18, Glycemic Load:10.03, Inflammation Score:-7, Nutrition Score:30.026087040487%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.7mg, Isorhamnetin: 1.7mg, Isorhamnetin: 1.7mg, Isorhamnetin: 1.7mg Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg, Kaempferol: 0.67mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 3.08mg, Quercetin: 3.08mg, Quercetin: 3.08mg, Quercetin: 3.08mg

Quercetin: 3.08mg, Quercetin: 3.08mg

Nutrients (% of daily need)

Calories: 508.28kcal (25.41%), Fat: 29.89g (45.98%), Saturated Fat: 7.06g (44.1%), Carbohydrates: 26.43g (8.81%), Net Carbohydrates: 25.14g (9.14%), Sugar: 19.82g (22.02%), Cholesterol: 109.84mg (36.61%), Sodium: 453.79mg (19.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 32.98g (65.96%), Vitamin K: 93.59µg (89.14%), Vitamin B12: 4.96µg (82.62%), Selenium: 57.53µg (82.18%), Vitamin B6: 1.3mg (64.85%), Vitamin B3: 12.25mg (61.25%), Vitamin B2: 0.69mg (40.57%), Phosphorus: 367.41mg (36.74%), Vitamin B5: 2.88mg (28.78%), Potassium: 953.65mg (27.25%), Vitamin B1: 0.39mg (26.13%), Copper: 0.46mg (23.08%), Manganese: 0.38mg (18.83%), Vitamin A: 899.71IU (17.99%), Folate: 63.02µg (15.76%), Magnesium: 62.65mg (15.66%), Vitamin C: 12.86mg (15.59%), Iron: 2.21mg (12.3%), Calcium: 112.55mg (11.25%), Zinc: 1.42mg (9.49%), Vitamin E: 0.84mg (5.6%), Fiber: 1.29g (5.15%)