



Peppered Salmon

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



168 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup peppercorns mixed whole white green black (pink, , , and)
- ☐ 1 cup firmly brown sugar packed
- ☐ 10 servings dill sprigs
- ☐ 2 bay leaves dried
- ☐ 1 tablespoon ginger fresh minced
- ☐ 1 tablespoon honey
- ☐ 0.5 cup hickory wood chips
- ☐ 2 slices onion red thin

- ☐ 1 fillet salmon with skin (2 1/2 to 3 lb.; 1 to 1 1/2 in. thick)
- ☐ 6 tablespoons salt
- ☐ 1 teaspoon allspice whole crushed

Equipment

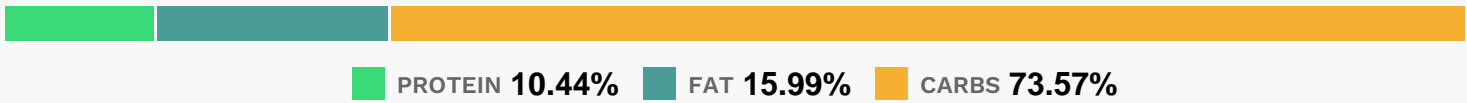
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ grill
- ☐ kitchen thermometer
- ☐ aluminum foil
- ☐ spatula

Directions

- ☐ In a 1- to 1 1/2-quart pan, bring 1 1/2 cups water, sugar, salt, ginger, bay leaves, and allspice to a boil. Stir until sugar dissolves.
- ☐ Remove from heat and let cool slightly.
- ☐ Rinse salmon fillet, pat dry, and lay flat with skin down in a rimmed 12- by 15-inch pan.
- ☐ Pour sugar-salt mixture over salmon. Cover pan tightly and chill fish at least 4 or up to 24 hours, occasionally spooning brine over the fish.
- ☐ Mound 16 charcoal briquets on the firegrate of a barbecue with a lid and ignite briquets. Or turn gas grill to high heat and close lid.
- ☐ Meanwhile, add peppercorns to enough hot water to make them float; soak at least 15 minutes. Also add wood chips to enough warm water to make them float; soak at least 15 minutes.
- ☐ Drain fish and discard brine. Rinse fish with cool water and pat dry. Set fish, skin side down, on a large sheet of foil; cut foil to fit outline of fish.
- ☐ Rub honey over top of fish.
- ☐ Drain peppercorns and pat evenly onto fish to set them lightly in place.
- ☐ When coals are dotted with gray ash, in about 20 minutes, push half to each side of firegrate.

- ☐ Drain wood chips and scatter 2 tablespoons on each mound of coals. For gas grill, put 1/4 cup chips in a foil pan and set over 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 coals); if using gas, turn to lowest setting and adjust for indirect heat (parallel to sides of salmon, not beneath the fish).
- ☐ Set an oven thermometer on top of the center of the fish. Cover barbecue. For charcoal, open vents 1/4 inch, and after 30 minutes add 3 briquets to each mound of coals; repeat every 30 minutes of cooking.
- ☐ Check thermometer often to be sure temperature stays about 16
- ☐ If temperature drops, open vents for charcoal slightly, or turn up heat on gas grill. If temperature rises, close 1 or 2 of the vents, or open lid of gas grill, then prop open slightly.
- ☐ Add wood chips as needed to produce a faint, steady stream of smoke. Moisture that accumulates on fish will evaporate. Cook salmon until a thermometer inserted in center of thickest part reads 140, from 1 hour to 1 hour and 15 minutes.
- ☐ Using wide spatulas, slide fillet with foil onto a rimless baking sheet, then slide fish from sheet onto a platter.
- ☐ Serve salmon warm, cool, or chilled.
- ☐ Garnish with onion and dill.
- ☐ Cut fish across grain into wide slices or bite-size chunks; lift fish off skin.

Nutrition Facts



Properties

Glycemic Index:22.06, Glycemic Load:3.94, Inflammation Score:-2, Nutrition Score:7.7591305167779%

Flavonoids

Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 167.76kcal (8.39%), Fat: 3.16g (4.86%), Saturated Fat: 0.83g (5.19%), Carbohydrates: 32.69g (10.9%), Net Carbohydrates: 29.98g (10.9%), Sugar: 23.25g (25.83%), Cholesterol: 9.35mg (3.12%), Sodium: 4259.78mg (185.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.64g (9.28%), Manganese: 1.08mg (54.22%), Vitamin K: 12.92µg (12.31%), Fiber: 2.71g (10.83%), Selenium: 6.97µg (9.96%), Vitamin B6: 0.2mg (9.94%), Vitamin B12: 0.54µg (9.01%), Vitamin B3: 1.74mg (8.71%), Copper: 0.17mg (8.56%), Potassium: 283.17mg (8.09%), Iron: 1.32mg (7.33%), Calcium: 63.41mg (6.34%), Magnesium: 24mg (6%), Phosphorus: 58.23mg (5.82%), Vitamin B2: 0.08mg (5%), Vitamin B5: 0.49mg (4.93%), Vitamin B1: 0.06mg (3.85%), Folate: 9.43µg (2.36%), Zinc: 0.28mg (1.85%), Vitamin C: 1.29mg (1.56%), Vitamin A: 61.61IU (1.23%)