



## Smoked Mullet



Gluten Free



Dairy Free

READY IN



125 min.

SERVINGS



6

CALORIES



609 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- ☐ 5 bay leaves crushed
- ☐ 1 cup firmly brown sugar packed
- ☐ 0.8 cup kosher salt
- ☐ 1 tablespoon onion powder
- ☐ 6 servings garnish: parsley fresh
- ☐ 6 servings bell pepper
- ☐ 6 servings hickory wood chips
- ☐ 5 pounds mullet split

☐ 1 gal. water

## Equipment

☐ bowl

☐ frying pan

☐ paper towels

☐ roasting pan

## Directions

☐ Rinse fish.

☐ Combine 1 gal. water and next 4 ingredients in a large bowl, stirring until salt dissolves.

☐ Add mullet; cover and chill 45 minutes to 2 hours or to desired degree of saltiness. (

☐ Cut off a small piece of fish, and fry it to determine degree of saltiness by tasting. Longer soak times yield saltier fish.)

☐ Rinse fish, discarding brine mixture; pat fish dry with paper towels.

☐ Place fish on wire racks in roasting pans; cover with paper towels, and chill 2 to 3 hours or until dry. Rub 1 tsp. pepper on both sides of each fish.

☐ Soak wood chips in water at least 30 minutes.

☐ Prepare charcoal fire in smoker; let burn 15 to 20 minutes.

☐ Drain chips, and place on coals.

☐ Place water pan in smoker; add water to depth of fill line.

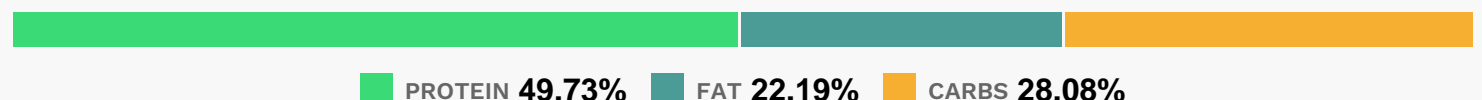
☐ Place fish on upper and lower food racks; cover with smoker lid. (If smoking fillets, place skin sides down on racks.)

☐ Cook 2 hours or just until fish flakes easily with a fork.

☐ Garnish, if desired.

☐ Serve with saltines, hot sauce, and lemon wedges, if desired.

## Nutrition Facts



## Properties

Glycemic Index:21.39, Glycemic Load:1.14, Inflammation Score:-10, Nutrition Score:41.923912919086%

## Flavonoids

Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

## Nutrients (% of daily need)

Calories: 609.23kcal (30.46%), Fat: 14.75g (22.69%), Saturated Fat: 4.33g (27.08%), Carbohydrates: 42g (14%), Net Carbohydrates: 40.06g (14.57%), Sugar: 38.81g (43.12%), Cholesterol: 185.22mg (61.74%), Sodium: 14413.79mg (626.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 74.39g (148.77%), Selenium: 138.7µg (198.14%), Vitamin C: 105.59mg (127.99%), Vitamin B3: 20.51mg (102.53%), Vitamin B6: 1.85mg (92.68%), Phosphorus: 863.14mg (86.31%), Vitamin K: 69.68µg (66.36%), Vitamin A: 3139.64IU (62.79%), Potassium: 1596.71mg (45.62%), Vitamin D: 5.67µg (37.8%), Vitamin E: 4.99mg (33.27%), Vitamin B5: 3.19mg (31.87%), Magnesium: 125.85mg (31.46%), Iron: 4.9mg (27.22%), Vitamin B1: 0.39mg (26%), Vitamin B2: 0.37mg (21.84%), Calcium: 210.27mg (21.03%), Folate: 75.85µg (18.96%), Zinc: 2.3mg (15.31%), Vitamin B12: 0.83µg (13.86%), Copper: 0.25mg (12.38%), Manganese: 0.23mg (11.73%), Fiber: 1.94g (7.76%)