



## Smoked Steelhead Trout (Salmon)

 **Gluten Free**  **Dairy Free**

READY IN



**820 min.**

SERVINGS



**6**

CALORIES



**595 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1.5 tablespoons rosemary dried crushed
- 4 cloves garlic chopped
- 6 servings ground pepper black to taste
- 2 tablespoons olive oil
- 1 pound alder wood chips
- 1 cup sugar-based curing mixture morton® tender quick® (such as )
- 2 pounds steelhead trout fillets
- 1 quart water

## Equipment

- aluminum foil
- glass baking pan

## Directions

- Rinse the fish fillets and place them in a shallow glass baking dish.
- Drizzle olive oil over the fish and season with garlic and rosemary. Rub the seasonings into the fish. Cover and refrigerate overnight.
- Dissolve the curing salt in the water and pour into the dish with the fish.
- Let it marinate for 15 minutes per half inch of thickness.
- Meanwhile, prepare your smoker for a four hour slow burn using charcoal. The temperature should be at 150 degrees F (65 degrees C) before you get started.
- Remove the fish from the brine and discard leftover liquid.
- Place each piece of fish onto a small piece of aluminum foil – just big enough to hold the fillet, and season with pepper to taste.
- Place them on the rack in the smoker.
- Sprinkle a handful of the soaked wood chips over the coals or place in a heat box. Cover and allow fish to smoke for 2 hours, adding more wood chips as needed.
- Increase the heat in the smoker (add more charcoal) to 200 degrees F (95 degrees C) and let the fish smoke until the internal temperature of the fillets reaches 165 degrees F (72 degrees C).
- Remove from the smoker and let rest for 20 minutes before serving.

## Nutrition Facts



## Properties

Glycemic Index:44.4, Glycemic Load:36.02, Inflammation Score:-4, Nutrition Score:25.782174151877%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## **Nutrients (% of daily need)**

Calories: 594.8kcal (29.74%), Fat: 26.16g (40.24%), Saturated Fat: 5.86g (36.6%), Carbohydrates: 57.04g (19.01%), Net Carbohydrates: 53.36g (19.4%), Sugar: 33.29g (36.99%), Cholesterol: 87.69mg (29.23%), Sodium: 457.98mg (19.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33.71g (67.41%), Vitamin B12: 11.78µg (196.3%), Manganese: 1.52mg (75.76%), Phosphorus: 432.21mg (43.22%), Vitamin B3: 8.52mg (42.59%), Vitamin B1: 0.59mg (39.45%), Vitamin D: 5.9µg (39.31%), Vitamin B5: 3.35mg (33.55%), Vitamin B2: 0.53mg (31.37%), Selenium: 19.94µg (28.49%), Potassium: 885.73mg (25.31%), Vitamin B6: 0.47mg (23.61%), Iron: 3.5mg (19.44%), Copper: 0.35mg (17.3%), Fiber: 3.68g (14.73%), Magnesium: 50.22mg (12.55%), Folate: 37.9µg (9.47%), Calcium: 87.39mg (8.74%), Zinc: 1.31mg (8.71%), Vitamin C: 6.45mg (7.82%), Vitamin E: 0.98mg (6.51%), Vitamin K: 3.16µg (3.01%), Vitamin A: 102.55IU (2.05%)