

English Breakfast cured ocean trout, cold smoked



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Peter Kuruvita

- Sub Category Name
Food
Main Courses
- Recipe Source Name
Christmas Recipe Brochure
- Festivities Name
Christmas

Used Teas



Gourmet English
Breakfast

Ingredients

English Breakfast cured ocean trout, cold smoked

- 1 x 3kg Salmon Fillet Pin Boned and with Skin on
- 250g Dilmah English Breakfast Loose Leaf Tea
- 250g Castor Sugar
- 250g Fine Sea Salt
- 100g Wood chips soaked in water for 20 minutes, recommend apple or hickory, but the choice is yours. If using an oven, soaking the chips is optional.



Prep time 9 hours

Cooking time 18-25 minutes

Preheat oven to 150-160 degrees C

Methods and Directions

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- Place salmon into a large tray with deep sides. Mix sugar, tea and salt together. Apply equally and liberally over both sides of the salmon, skin side down. Place in the fridge covered and allow to cure for 8 hours. Remove once cured and brush off the excess sugar and salt, leave some tea on the fish. Do not wash the fillet! Remove the wood chips from the water, if you are using a BBQ place the chips onto the coals and place the fish on the BBQ, and cook for 18-20 minutes at 150°C. Remove and serve either hot or cold.
- If using an oven, preheat the oven and set the racks in the oven so you can fit the chips under the fish. Place the salmon into the top tray of the oven. Place the wood chips into a heavy based cast iron pan or similar and place on a flame till the chips ignite, once burning, ensure it is well alight, before extinguishing the flame. Place the smoking pan into the oven immediately and close the door. Set a timer for 18 minutes. Remove the salmon and serve chilled or hot.

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