

Beyond The Boat

SEAFOOD PROCESSING DEMONSTRATION LAB



DIY Smoked Fish

Materials:


- 1.5 lb. fish, cut into bite-sized pieces (we use catfish bellies)
- Raw or light brown sugar
- Salt
- Plastic tub
- Aluminum pan (19x11")
- Heavy-duty aluminum foil
- Wire rack
- Cookie baking sheet
- Apple wood fine chips

To prepare the fish:

- Prepare the brine/rub by mixing 5 parts sugar to 1 part salt.
- Place the fish in the plastic tub and cover with the brine/rub (1 part brine/rub to 5 parts fish).
- Let the fish brine for 4 hours in the refrigerator, then rinse with tap water and pat dry with a paper towel.
- Arrange the fish on a greased wire rack and place it in the refrigerator uncovered, overnight. This will form a pellicle on the fish to protect it from losing too much moisture during the smoking process.



To prepare the smoker:

- Soak 4 tablespoons of apple wood chips in water for 5 to 10 minutes, then drain.
- Make two piles (2 tablespoons each) of drained apple wood chips in the bottom of the aluminum pan.
- Place the cookie sheet and wire rack with the fish on top of the chips. The cookie sheet will catch the drippings as the fish cooks.
- Cover the aluminum pan with foil and seal tightly.
- Place the prepared smoker on the stove top (you can use a flame cooktop, electric top, or BBQ pit as a heat source).
- Use a temperature gauge to track the internal temperature of the fish while cooking.
- Cook the fish for 30 minutes after reaching an internal temperature of 145°F.
- Enjoy your smoked fish! 
- Store leftovers in the refrigerator.

