

Beyond The Boat

SEAFOOD PROCESSING DEMONSTRATION LAB



DIY SMOKED FISH

A simple stovetop method for flavorful smoked seafood
— perfect for charcuterie boards

Materials:

- 1 lb. fish, cut into bite-sized pieces (e.g., catfish bellies)
- ½ cup raw or light brown sugar
- 1 tbsp salt
- Plastic tub (for brining)
- Aluminum pan (approx. 19×11")
- Heavy-duty aluminum foil
- Wire rack
- Cookie sheet (to catch drippings)
- Apple wood chips (fine)



To prepare the fish:

1. **Mix the brine:** Combine sugar and salt.
2. **Brine the fish:** Place fish and rub in the plastic tub, ensuring all pieces are coated.
3. **Refrigerate for 4 hours.**
4. **Rinse fish** with tap water and pat dry with paper towels.
5. **Air dry:** Place fish on a greased wire rack and refrigerate for 2–3 hours to form a pellicle (a protective layer that helps retain moisture during smoking).

To prepare the smoker:

1. **Soak 4 tbsp of apple wood chips** in water for 5 minutes, then drain.
2. **Place 2 tbsp piles** of chips directly over the heat source in the aluminum pan.

3. Layer setup:

- Place cookie sheet over chips.
 - Place wire rack with fish on top of cookie sheet.
4. **Seal the pan** tightly with heavy-duty foil.
 5. **Heat source:** Use stovetop, electric burner, or BBQ pit (medium heat).
 6. **Monitor temperature:** Use a thermometer to ensure fish reaches 145°F internal temperature.
 7. **For a full smoked flavor, smoked for 30 minutes** after reaching target temperature.

☒ Final Tips

- Enjoy immediately or refrigerate leftovers for up to 4 days.
- Great addition to holiday charcuterie boards!

