

Great Salt Lake “Yoo-Taw Cold Smoked Tuna”

Now pard, it is rumored by certain half-smilin' and truth-stretching local desperados, that huge, seven foot, Great Salt Lake Nocturnal Tuna Fish roam freely about the shore of Antelope Island on warm nights with a full moon shining. Walking upright upon their tail fins about midnight, these critters have been known to audibly replicate and mimic shouting cowboys with drawn-out, bone-chillin', high-pitched screams of "yoo-taw". Yes, yes... so often does this rare nerve-rattling phenomenon occur, that the Great Salt Lake Tuna has become known as the Yoo-Taw Tuna Fish. And that's not all! It seems there is so much salt in the lake that the fish are no longer able to submerge. In fact, their hides have become so toughened by all that salty saline solution, they're very much in demand as "fish leather"... giving all the bulls and cows out here, fits of jealousy!

Directions:

Clean fish (of your choice) fillets are placed in kosher salt four days covered and refrigerated. (Some types of fish are not recommended for smoking. See the note below.)

After 4 days, remove them from the salt and soak the fillets four hours in fresh cold water. Change the water then soak the fillets in fresh, refrigerated (38°F. / 3°C.) water mixed with the following ingredients for two hours:

Brine Recipe:

- 1 gallon of water
- 3 ounces Prague Powder #1
- juice of 3 lemons
- 1 ounce brown sugar
- 3 ounces uniodized salt
- 1 ounce crushed black pepper
- 1 ounce bay leaves

Rinse and drain the fish well and then place them into your smokehouse with the screened air inlet open to help dry them. They must be dry to take on smoke. Remember, the temperature inside the smokehouse must not exceed 80°F. (27°C.). When the fillets have developed a pellicle and are dry to the touch, introduce a trickle of alder smoke, maintaining the temperature of 80°F. (27°C.) inside the smoker. Cold-smoke the fillets at least a week.

Note: Fish-smokin' landlubbers like me should be aware that Scombroid (fish) poisoning is most commonly reported with mackerel, tuna, mahi-mahi, bonito, sardines, anchovies, and related species of fish that were inadequately refrigerated or improperly preserved after being caught. Uncured and mishandled fish can produce toxic histamines. If I remember correctly, scombroid mackerel after only one day (unless it is cured) produces toxic histamines. If you wish to smoke mackerel, yank on my chain anytime and I'll post more information. If you'd like info on fish (hot) smoking and how to use a brining chart and salinometer, see this link: <http://wedlindydomowe.pl/en/viewtopic.php?p=268#268>

Best Wishes,
Chuckwagon