

Cold Smoked Salmon Recipe

Based on a web page by New England Provisions Company (Lobster Sales)

<http://www.newenglandprovisions.com/coldsmokedsalmon.html>

Take a 2-3 Lb Atlantic Salmon fillet (no smaller), and rinse with very cold water carefully and pat dry with a paper towel. Use a pan long enough to hold the fillet without doubling over the tail. (You can cut the fillet in half if you don't have a large enough pan.)

Smoothly cover the bottom of the pan with a 1/4 inch of kosher sea salt. Place the fillet skin side down on top of the salt. Next pour enough salt over the fillet to completely cover it with a 1/4 inch of salt.

The entire process and density of the salmon automatically adjusts the salinity of the fillet perfectly. It's time in salt with the proper quantity of salt. Too little salt and your salmon will not have the right texture or flavor.

Cover the pan with plastic wrap. Place in the refrigerator for 13 hours. Remove the fillet from the pan and wash the salt off the fillet with cold running water. Wash out the pan of salt and fill the pan 3/4 of the way with fresh, cold water. Place the fillet in the water and place back in the refrigerator for one hour. This time period can be lengthened or shortened for saltiness of the finished fillet, it controls the salinity of the product and it also desalts the outer surface while driving the salt through the fish to the center. This is a variable for your particular taste.

Remove the fillet and dry out the pan. Do not pat dry or wipe the salmon - leave it wet. The fillet should be somewhat stiff. Put a cake rack in the pan and place the fillet skin side down. Do not cover. Put the pan back into the refrigerator overnight. The fridge will dry the salmon perfectly.

The next day you should have a dry and shiny fillet. At this point if you don't have a smoker; you can slice the fillet and use as lox.

To smoke the fillet, (rambling advice omitted). Use maple, hickory, apple. Do NOT use pine, fir or cedar.

Don't let the salmon get over 70 degrees. The salmon must not ever get over 80 degrees or it will partially cook, turn color and fall apart; you should not eat it if it looks like it is partially cooked. If it is turn up the heat in the oven to 275 degrees and turn it in to hot smoked salmon.

Do not try this in the summer, you need a 55 degree day high. One to two hours of smoke is enough. Wrap in plastic tightly and place in the fridge over night to mellow out the smoke. Slice at an angle as thin as possible starting at the head end at about 45 degrees.

If you ever read a recipe or article that fish is smoked for days; the writer is wrong and maybe is smoking something else. The salmon should be tasty, slightly salty with a rich salmon flavor backed with a nice smoky finish - salmon first, then smoke and slight saltiness.

If you want to dress up your side, wipe a little olive oil with your palm on the fillet and then sprinkle with either a little black pepper or minced fresh dill and put back in the fridge uncovered for an hour or so to make it stick. You can also lightly sprinkle a very, small amount of good Scotch whisky on the fillet before you wrap it in plastic wrap or before you wipe with olive oil.

ATTENTION: It is a common belief that the salt & smoke prevents bacterial growth. **WRONG.** Do not let the finished fillet with the skin intact sit out for a long time in a warm room. It would also be wise to skin the salmon after smoking to prevent bacteria. Remember it is **COLD** smoked salmon, so keep it cold.