

Birch Smoked Trout

Ingredients:

1 kg Trout Fillets (skin in – speckled, splake, rainbow, brown, steelhead and salmon can all be used)

2 Litres of Water

1/3 Cup Kosher Salt or Sea Salt (Coarse)

½ Cup of Birch Syrup

½ teaspoon Liquid Smoke

Directions:

1. Put Fillets in brine and leave in fridge for 8-10 hours (the thicker the fillet, the longer the soak)
2. Pull out of brine and let dry on rack for an hour (cover with Parchment Paper if necessary, to keep flies off)
3. Put in smoker with preferred woodchips or in oven at 175° F for 4 hours or until internal temperature is 145° F
4. Let cool and wrap in parchment paper

Store in cool place... if they last that long. Meat Candy!