

Treasure Barrel

Smoked Salmon Recipe: Simple & Delicious

15 min Prep time	**45 min** Cook time	**1 h** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb fresh salmon fillet, skin on
- [ ] 2 tbsp sea salt
- [ ] 1 tbsp brown sugar
- [ ] 1 tsp black pepper
- [ ] 1 tsp lemon zest
- [ ] 1 cup wood chips (apple or alder), soaked

Instructions

1. Combine sea salt, brown sugar, black pepper, and lemon zest in a small bowl.
2. Pat the salmon dry, then rub the cure mixture all over, pressing gently.
3. Wrap the fillet tightly in plastic wrap and refrigerate for 30-45 minutes.
4. Rinse the cure off under cold water, pat the fish dry, and let it air-dry for 10 minutes.
5. Prepare a smoker or a stovetop smoker pan, add soaked wood chips, and preheat to 150-180°F.
6. Place the salmon on the rack, skin side down, and smoke for 30-35 minutes until the flesh is opaque and tender.
7. Remove the salmon, let it rest 5 minutes, then slice thinly against the grain.

Nutrition per serving

210 kcal	22 g	5 g	12 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a stronger smoke flavor, extend the smoking time by 5-10 minutes, but watch the temperature.
- Thin slices are best for bagels; thicker slices work well in salads.
- A quick squeeze of fresh lemon just before serving brightens the smoky notes.