

Smoky Mountain Kayak Fishing

Smoked Trout



Ready in **16 Hours-12 hour brine, 4 hour smoke**

Serves **8 people**

Ingredients

- 2 qts water
- ½ Cup Brown Sugar
- ¼ Cup Kosher Salt
- Juice From ½ Lemon
- ½ tsp Garlic Powder
- ½ tsp Onion Powder
- ½ tsp Paprika
- ½ tsp Cayenne Pepper
- 8 Trout Fillets

Preparation

1. Prepare fish for brining. Remove rib bones and Y bones from all fillets, leave skin on.
2. Combine all brine ingredients. Whisk until the brown sugar and salt have dissolved.
3. Add fish to the brine. If fillets float, use a plate to keep them submerged.
4. Cover and refrigerate for at least 6 hours, I prefer to leave it to brine for about 12 hours.
5. After your brining period, place fillets skin side down on a wire rack. Place back in the refrigerator for about an hour to dry. This step will give your fillets a delicious smoky glaze during smoking.
6. Preheat the smoker to 180 degrees and add fillets. I like to start with heavy smoke for the first hour, reducing the

amount of smoke hourly throughout the smoking process.

7. Smoke your fish to desired doneness, at least 145 degrees internal temp. See tips below.

Tips

If you choose to eat your smoked trout warm, as part of a meal, smoke until the trout reaches 145 degrees internal temp...approximately 3 hours...but cook time will depend on the thickness of your fillets.

If you will be eating your smoked trout as a snack (my personal favorite), or add to fish dip, smoke for 4 hours or until fillets become firm

Fruit wood, like apple and cherry, gives the smoked fish a milder flavor. Stronger woods like hickory and mesquite will work, but go a little lighter on the smoke.