

Zucchini Bread Recipes

Best Smoked Salmon Recipe

15 min Prep time	**30 min** Cook time	**45 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Curing Mix

- [ ] 2 tbsp coarse sea salt
- [ ] 2 tbsp brown sugar
- [ ] 1 tsp freshly cracked black pepper
- [ ] 1 tsp lemon zest

Salmon

- [ ] 1 lb fresh salmon fillet, skin on
- [ ] 1 tbsp olive oil for finishing

Instructions

1. Pat the salmon dry with paper towels; the surface should feel almost powdery.



2. Combine salt, brown sugar, pepper, and lemon zest; rub the mixture evenly over the flesh side of the fillet.



3. Place the seasoned salmon on a rack over a baking sheet and refrigerate, uncovered, for 30 minutes.



4. Set up a smoker with apple wood chips, preheat to 180°F (82°C) and smoke the fillet skin-side down for about 25-30 minutes, until the interior reaches 125°F (52°C).



5 Remove the salmon, brush lightly with olive oil, let rest 10 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 firmer texture, extend the curing time to 45 minutes.
- A light drizzle of extra-virgin olive oil after smoking adds a glossy finish.
- Serve with toasted bagels, cream cheese, or tossed in a fresh green salad for a bright contrast.