

Bite Spoon

Smoked Salmon Recipe – Quick & Easy

15 min Prep time	**25 min** Cook time	**40 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb fresh salmon fillet, skin on
- [ ] 2 tbsp kosher sea salt
- [ ] 1 tbsp brown sugar
- [ ] 1 tsp freshly cracked black pepper
- [ ] Zest of 1 lemon
- [ ] 1 tsp maple syrup (optional)

For Smoking

- [ ] 1/2 cup wood chips (apple or alder)
- [ ] Water for a drip pan

Instructions

1. Pat the salmon dry, then lay it skin-side down on a shallow dish.
2. Combine salt, brown sugar, black pepper, and lemon zest; coat the fillet evenly and let it rest in the refrigerator for 8-12 hours.
3. Rinse the cure under cold water, pat dry, and place the salmon on a rack for 30 minutes to form a tacky pellicle.
4. Set up a smoker or stovetop smoker with soaked wood chips, preheat to 180°F, and smoke the salmon for 20-25 minutes until it’s lightly pink and fragrant.
5. Remove, let it rest 10 minutes, then slice thinly against the grain to serve.

Nutrition per serving

220 kcal	30 g	4 g	8 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a sweeter cure, increase the brown sugar to 2 tbsp.
- A quick drizzle of extra virgin olive oil just before serving adds a silky mouthfeel.
- For a gluten-free version, ensure the soy sauce in any dip is tamari.