

# Zephyr Wines Agent + Smoked Trout



## Smoked trout fillets (with no smoker!)

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6 trout fillets, 5-7 ounces each, skin-on  
8 cups apple wood chips (Home Depot or True Value have great options for these)  
non-stick cooking spray  
4-6 Tbsp brown sugar  
salt & pepper

metal vegetable steamer basket  
cast iron dutch oven  
aluminium foil

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Test your steamer basket and pot combination first...!

1. In the center of a cast iron dutch oven (or sturdy pan that you don't mind tarnishing), add wood chips in a small pile, making sure there is a minimum of 2 inches between the wood and bottom of your steamer basket. If you don't achieve enough room with the basket legs alone, ball up aluminum foil to use as boosters for the basket. These can also help your wood chips stay together in a pile!

2. Thaw trout if frozen and pat dry.

3. Cover the steamer basket with aluminum foil, spray liberally with your cooking spray, and set trout fillets over the top, skin-side down. (*You may only be able to work one to two fillets at a time here, depending on the size of your steamer basket*)

4. Sprinkle fish with brown sugar and a liberal amount of kosher salt and pepper.

5. Add fillet-filled basket to your pot with wood chips and turn heat to high, leaving basket and fish uncovered for now. Once smoke from the chips starts to sneak up through the foil-covered steamer basket, you are ready to get smoking!

6. Turn off heat, tent the entire pot securely with aluminum foil, and using a knife cut 7-10 slits in order to vent.

7. Return the heat up to high and smoke for five minutes, then reduce to medium and cook for another 15-20, or until fish is browned and cooked through.

8. If you are working with multiple batches of fish you can still keep the same smoldering chips for each batch, just be sure to reduce the time on medium to 10 minutes, checking for doneness as needed.

9. Store fillets in fridge to help with the skin removal (or leave them skin-on for extra nutrients!) and once cooled, peel skin use on your favorite salad, with soft-scrambled eggs, or on crusty toasted sourdough.