

Plate Dream

Smoked Salmon Recipe

Quick, healthy smoked salmon – a bright, flavorful bite for any meal.

15 min Prep time	**3 h** Cook time	**3 h 15 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

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

Instructions

1. Pat the salmon dry with paper towels. In a small bowl, combine sea salt, brown sugar, and black pepper. Rub the mixture evenly over the flesh side of the fillet.
2. Place the seasoned salmon on a rack set over a tray, skin side down. Cover loosely with plastic wrap and refrigerate for 30 minutes to allow the cure to work.
3. Set up your smoker with a mild wood (like apple or alder). Keep the temperature low, around 150°F (65°C). Place the salmon on the rack, skin side down, and smoke for 2 to 3 hours, until the interior reaches 125°F (52°C) and the surface feels firm.
4. Remove the salmon, let it rest for 5 minutes. Sprinkle lemon zest over the top and, if you like, drizzle a teaspoon of maple syrup for a gentle glaze.
5. Slice the smoked salmon thinly against the grain. Serve at room temperature alongside bagels, salads, or as a delicate garnish.

Nutrition per serving

210 kcal	22 g	4 g	12 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a stronger smoke flavor, extend the smoking time by 30 minutes, but watch for dryness.
- For a quick variation, use an electric smoker or a stovetop smoker with a foil-wrapped wood chip packet.
- Pair with a light herb cream cheese for an extra touch of richness.