

MARSH'S GRILL-SMOKED SOCKEYE

PREP: 5 MIN SERVES
TOTAL: 60 MIN 

SOCKEYE FACTS



SCIENTIFIC NAME: *Oncorhynchus nerka*

WHERE THEY'RE CAUGHT:



SEASON: June - August

CULINARY PROFILE: Sockeye's robust and bold profile holds up to spicy and savory sauces, and is great roasted and sautéed.



INGREDIENTS

SOCKEYE

- 1 POUND SOCKEYE SALMON FILLET
- 1 WOOD PLANK
- 1 CUP WOOD CHIPS
- 1/4 CUP BROWN SUGAR
- 1/4 CUP SEA SALT

SAUCE

- 4 OUNCES GREEK YOGURT
- 1/2 LEMON, JUICED
- 1/4 CUP CHOPPED DILL
- 1 SHALLOT, MINCED
- 1 TABLESPOON CAPERS

- 1 TABLESPOON OLIVE OIL
- SALT + PEPPER (TO TASTE)

DIRECTIONS

1 SOAK WOOD

Soak the wood plank and the wood chips in water for 30 minutes

Place wood chips in a smoker box or wrap in aluminum foil with some holes poked through.

2 BRINE SALMON

Mix the sugar and salt together and coat the salmon with the mixture. Allow the salmon to cure in the fridge for 30 minutes. Once cured, rinse the salt and sugar off of the salmon, pat dry with a paper towel, and place on the wood plank.

3 PREP GRILL

Heat your grill to a low temp, around 200° F (use a small amount of charcoal banked to one side of a charcoal grill, or turn on one burner of a gas grill to low.) Place the wood chip packet directly on the coals or burner. Allow it to start smoking, about 5 minutes.

4 SMOKE SOCKEYE

Place the wood-planked salmon on the side of the grill away from direct heat. Close the grill and cook for about 30 minutes until the salmon is just cooked through.

5 MAKE SAUCE

Combine sauce ingredients while the salmon is smoking. Season with salt & pepper to taste and set aside.

6 SERVE

Serve the salmon with the dill sauce on the side.

Marsh's Pro-Tip: For an extra level of flavor, try adding herbs or other aromatics to the salt & sugar cure such as lemon zest & thyme, or juniper berries and dill.

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