



THE ANCIENT ART  
OF SMOKING  
GREAT FOOD  
BY JENNY FLYNN



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## Hot Smoked Salmon

This is one of the easiest fishes to smoke, it is really straight forward and it ticks all the boxes for all the techniques needed.

You can use this to smoke shellfish like scallops and mussels.

I am using a table top smoker just to illustrate how it can be recreated in anybody's home or restaurant.

### **For the curing mix you will need:**

75g fine sea salt

40g light brown sugar

*This is enough to cover approx. 4 medium sized fillets*

2 tbsps. of oak sawdust or shavings

### **Method:**

Mix the salt and sugar sprinkle over the fish put in the fridge to allow the sugar and salt to break down on the fish about 15 mins

Wash it off and put back in the fridge for the salt to penetrate better

In the meantime put the smoker on with the sawdust over a medium heat. Arrange the fillets on top lined with tin foil when the smoke starts to appear reduce the heat and smoke the fillets for approx.

20 minutes until fully smoked

*This time of year I serve it with roasted beetroot and fennel.*

## Smoked Maple and Muldoon's Whiskey Chicken

This recipe is all about the preparation of the chicken and the marinade.

It's easy and lovely for Sunday supper or a picnic. Muldoon's and maple are a great combination. This recipe makes enough for 4 chicken supremes or 1 large chicken.

### **For the brine**

300ml maple syrup - 200ml Muldoon's whiskey - 175 sea salt -

100g brown sugar - 4 sprigs of thyme - 1 tbsp. all spice

### **For the glaze**

150ml maple syrup - 150ml Muldoon's whiskey - 50g brown sugar

½ teaspoon of cayenne pepper.

### **Method for the brine**

Put 2 litres of boiling water into a large pot add all the other ingredients, heat until sugar and salt dissolve. Allow to cool add another litre to the brine mix. Pierce the chicken all over with a skewer. Immerse the chicken in the brine put a weight on top. Keep refrigerated for 24 hours.

Take chicken out and pat dry and put back in fridge for another 12 hours.

To make the glaze mix all ingredients together and heat it should be hot and sticky. Heat your smoker and put chicken on to smoke for about twenty minutes brushing with the glaze. Reduce heat of smoker and continue cooking if the glaze is starting to blacken you can finish in the oven. It should roughly take 45 minutes.

Make sure it is completely cooked reaching 75 degrees celsius on a probe.

*This is great over salads or try it with pork chops !*