

Fish-Smoked & Deep Fried

This recipe makes about 10 servings



Ingredients

5 lbs tilapia fillets (or fish of choice)

Ingredients for smoked fish

Brine: 4 cups water

$\frac{1}{4}$ cup sea salt

$\frac{3}{8}$ cup brown sugar

Topping

$\frac{1}{3}$ cup honey (warmed in microwave)

2 tbsp pepper

2 tbsp granulated garlic

Ingredients for fried fish:

Oil for frying

3-4 cups of milk for rehydration

Batter:

1 $\frac{1}{2}$ cup flour

2 tablespoons cornstarch

$\frac{1}{2}$ teaspoon baking soda

$\frac{1}{2}$ teaspoon baking powder

$\frac{1}{2}$ teaspoon salt

1 $\frac{1}{2}$ cups water

Directions:

1. Add parchment paper to your trays
2. Place the fish in a single layer on the trays
3. Pre Freeze when possible
4. Freeze dry (my cycle time was 24 hours)
5. Store in jars for short-term use or in mylar bags for long-term storage

Rehydrating and smoking

1. Mix all the brine ingredients together in a large bowl. Add you freeze dried fish fillets. Cover and place in the refrigerator for at least an hour (or overnight if time allows)
2. Put your smoker on the “smoke” setting
3. Remove fish from brine and pat dry, removing moisture
4. Warm the honey in the microwave to soften and brush lightly onto each filet
5. Sprinkle pepper and garlic on the fillets
6. Smoke for 20 minutes then turn the heat up to 225 and smoke for an additional 40 minutes
7. Remove the fillets from the smoker and enjoy

Rehydrating and frying

1. Add milk to a large bowl and submerge the freeze-dried fish in the milk. Cover and refrigerate overnight.
2. Mix the batter ingredients together. Pat the fish dry, coat the fish with the batter.
3. Fry for about 4 minutes, flipping halfway through. Enjoy.

Nutritional Value Per 6 oz battered and fried fillet

Calories 338 Carbohydrates 11 g Protein 28 g Fat 19 g Sugar 0 g Fiber 0 g

Nutritional Value Per 6 oz battered and fried fillet

Calories 230 Carbohydrates 5 g Protein 28 g Fat 5 g Sugar 7 g Fiber 0 g

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