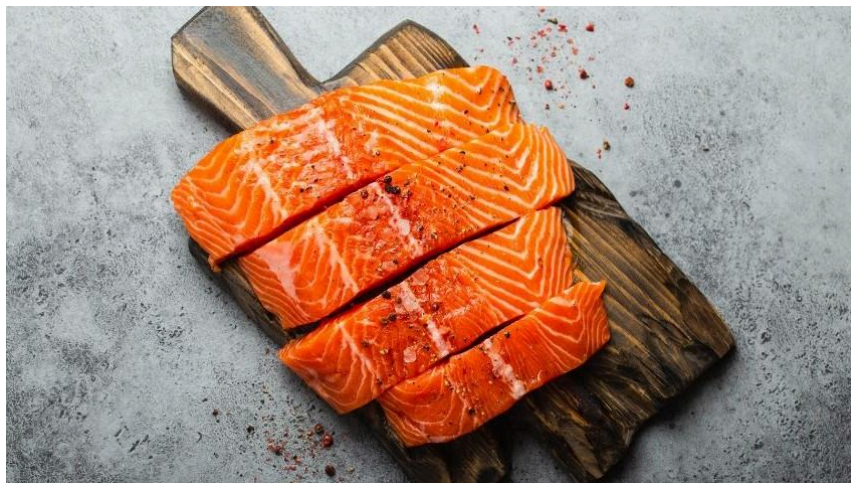


Salmon

This recipe makes as much as you wish to prepare



Ingredients

salmon filets
4 cups water
1/3 cup Salt
1 cup brown sugar
Butter

Directions:

1. Start by dividing your salmon into serving size portions or cubes.
2. In a bowl, mix water, salt and brown sugar to make a brine and whisk until dissolved.
3. Pour the brine over the salmon and let it marinate for 4-6 hours in the refrigerator.
4. Rinse brine off salmon and towel off extra moisture.
5. Prepare your sous vide and allow it to get to 115°F. Transfer the salmon and some of the marinade into a sous vide bag and seal the bag. Sous vide at 115°F for 45 minutes.
6. Alternatively, you can use a smoker set to 180°F and smoke until the internal temp is 140°F.
7. Drain off the remaining marinade after cooking and pour into molds to retain as a broth for rehydration.
8. Add parchment paper to your trays and arrange the salmon on the trays. Add the marinade to molds on a separate tray.
9. Pre-freeze when possible.
10. Freeze dry (my cycle time was 22.5 hours).
11. Store in mylar bags for long-term storage.

Rehydration:

This is where you can get creative! Rehydrate with your sous vide liquids or other flavor enhancers. I like to melt a pat of butter per filet and pour over salmon before rehydrating and allow it to soak in for 2-3 minutes. Then submerge filets in WARM water. Do not use hot water or you will start cooking the salmon more. Depending on thickness, filets will usually fully rehydrate within 20-30 minutes. Do not over hydrate or you may end up with a pile of salmon mush. You can cook them further if needed at this point.

Notes:

If you pre-cook the meat before freeze drying, your results for rehydration will be better. I have not had good results with raw salmon.

Nutritional Value Per 1/4 lb filet

Calories: 173 Protein: 22 g Fat: 7 g Carbohydrates: 3 g Sugar: 3 g Fiber: 0 g