



# TRUE NORTH



## SMOKED TROUT RECIPE

### (REDUCED GARLIC) TRUE NORTH SPICY BRINE INGREDIENTS

3 cups water

1 cup soy sauce

1/2 cup demerara or brown sugar

1/4 cup coarse salt

1/2 tsp. onion powder

1-2 garlic cloves, crushed

1/2 tsp. hot sauce

1/2 tsp. pepper

### OTHER INGREDIENTS

Fresh (Unfrozen) Trout

1 cup dry white wine

True North Wood Bits

*(Recommended: Hickory, Maple, Mesquite)*

### INSTRUCTIONS

1. Add 1 cup dry white wine to True North Spicy Brine.
2. Place trout and brine in a glass dish and refrigerate 8 - 12 hours, flipping trout regularly.
3. Remove fish and rinse thoroughly in cool water.
4. Pat dry with paper towels, and allow to air dry for 1 hour so that the shiny "pellicle" forms.
5. Place fish in preheated smoker, and smoke using 2 - 3 panfuls of desired True North wood bits. Total smoking and drying time will vary with the size of the trout and the degree of dryness you prefer.

### HINTS

- Use this recipe for all members of the trout family, especially lake and rainbow trout.

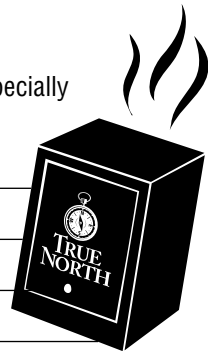
### MY NOTES

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