



Week 16—Smoking Method

Smoking is an indirect, convective cooking process that adds a unique flavor to foods. All foods can be smoked, not just meats. Smoked tomatoes and red peppers can add distinctive flavor to any preparation, but smoked meats are the most popular items to smoke.” - Chef Todd Mohr

Procedure for Smoking:

- 1) Soak wood chips in water or broth for up to 5 hours. Over-soaking wood will cause more steam than smoke
- 2) Drain all liquid from soaked wood
- 3) Add wood chips to smoker or stove-top pan
- 4) Heat wood chips until they start to smoke
- 5) Add ingredient to be smoked above the heat source and smoking chips. Food should not come in contact with smoking wood chips
- 6) Use your thermometer to tell finished temperature

Cold Smoking

Meat, poultry, game, fish, cheese, nuts, vegetables can be cold-smoked.
Temperatures of 50-85f or 10-29c
Most cold-smoked foods are brined or salt-cured first
Most cold-smoked meats must be cooked again after smoking, like bacon or ham

Hot Smoking

Just about any ingredient can be hot smoked
Temperatures of 200-250f or 93-121 c
Hot smoked foods can be brined or cured to add flavor
Hot smoked foods are generally fully cooked after smoking.