**Lesson Title**: Smoking Salmon

**Subject**: Foods Grades 9,10,11,12

**Rational :** The Salmon is a staple food in the majority of the First Nations people in BC. As a food source it is high in proteins and can be preserved in several ways, for example: canning, Freezing, drying and smoking. Smoking Salmon is a three step process involving: 1, preparing the fish (filleting) and making the brine and marinating the fish and then smoking the fish.

**Learning Outcomes:**

* Students will be able to Identify various kinds of salmon
* Students will develop an understanding of the various techniques of filleting salmon
* Students will: correct use of filleting knife
* Students will Learn how to preserve Salmon (using one method)
* Students will know how to make a brine and prepare salmon for smoking.
* Students will Know the equipment and resources that are required to smoke salmon
* Students will: Understand the value of using various wood ( Chips)in smoking salmon
* Students will: Understand the difference between hot and cold smoking

**Description of Activity:**

1. Demonstration of the removal of unnecessary portions of the fish ( if required), fillet the fish, and debone it.
2. Having a student (or a number of students depending on how many Salmon are available practice filleting and deboning techniques.
3. Describe and demonstrate how to prepare a marinade for the Salmon, (depending on the flavored outcome desired ) marinade the Salmon for at least six (6) hours or ideally over night.
4. Remove Salmon from marinade and pat dry with paper towel and place each fillet onto racks and place racks into the smoker.
5. Smoke Salmon until desired consistency or texture (generally 6-8 hours depending on the thickness of the Salmon and the heat level of the smoke in the smoker).
6. Remove from smoker, let sit for some time (about 2 hours) and cool before sampling.
7. Keep Smoked Salmon in a sealed container and refrigerate for eating and sharing later.

Assessment Ideas:

Student activities: - Identify different parts of salmon

- Research the purpose of the brine

- Discuss methods of preserving fish

- Correct use of filleting knife

Investigate the different types of brine

* Student Observation
* Engagement
* Participation
* Taste tasting

**Resource People:**

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