

Callow Smoker Oven

Thank you buying our Smoker Oven. Your new smoker is manufactured in Stainless Steel – this will give you many years of use. Follow our instructions for easy use and a great experience.

Unpacking and Assembly:

Firstly remove the smoker parts from the outer box and remove all polythene bag packaging and any blue protective film from all parts. Attach the 2 wire handles to the main smoker tray.

Assemble the lid handle assembly by passing the screw up through hole in centre of lid. Next place the white smoke vent control over screw, followed by Black vent disc and finally the Black lid handle. Tighten with screwdriver, ensuring the vent slot lines up with the vent hole in lid.

SMOKING OVEN



Place the smoker stand on level ground ensuring it is in contact with combustible material. Place the two Burners in their supports and approximately quarter fill with Mentholated Spirit.

“Note”- DO NOT fill beyond the side seam of the burners, otherwise they will leak mentholated spirit. At the end of the cooking time, the flame can be extinguished by placing the cover plates over the top of the burners. See Cooking Instructions for Burner vent positions. **DO NOT** use the smoker indoors-only use outdoors in a well ventilated area, as the cooking process generates a lot of smoke!

Place the main Cooking Pan on the stand. Add Wood Chips or Dust to the recess in the bottom of the pan, to a depth of approximately 10mm. (This can be varied depending on the cooking time required for longer cooking time, use more Chips/Dust, for shorter cooking time, use less). Place Drip Tray over the top of the Wood Chips/Dust, with feet downwards. The Smoker is supplied with wire cooking trays.

The flat tray fits in the bottom of the smoker, directly, on top of the base inside The second wire cooking tray is fitted with two sets of legs, so it can either fit in the bottom of the smoker, sitting on the shorter legs, or in the top of the smoker with the deeper legs downwards.

Add one or both of the wire cooking trays. For whole fish or thick fillets use the flat wire tray, in the bottom of the smoker. This is directly above the heat source so will give a hotter cooking temperature.

For smaller fish or fillets, use either the flat tray or the deeper tray in the bottom of the smoker, or the deeper tray in the top of the smoker. This is more suitable for small fish, or thin fillets, where a lower cooking temperature is required. For large smoking's, both trays can be used.

Season the Smoker

It is important to preheat the smoker with a little vegetable oil wiped across the inside surfaces – but only a tiny bit on a paper towel. Heat the smoker slowly and gently for 30 minutes.

Always have the black stand on a flat hard surface

Cooking Instructions:

The Smoker is a “Hot” Smoker, which smokes and cooks at the same time. This process is completely different to that used on traditional Salmon, which is “cold” smoking techniques, which smokes, but does not cook the fish. It is important therefore to ensure sufficient time in the smoker to thoroughly cook the fish or meat.

Both, the cooking time and temperature can be controlled by the air vents on the two Meths’ burners. With the burners approximately quarter filled with meths’ you can expect a cooking time of around 30 minutes with the vents fully open or up to one and a quarter hours with them fully closed.

As a general rule, a cooking time of around 20-25 minutes is sufficient for most smoking’s of 3 or 4 small fish (3/4-1lb) gutted, but left whole, with head and tail on. For larger fish, in 2-3lb size, it is usually necessary to head and tail, simply to fit them into the smoker.

It also helps to split them along the backbone and open them up, like a butterfly fillet, to allow the smoke and heat to penetrate. The cooking time can obviously be reduced, for small fish or thin fillets and increased for larger fish, meat or poultry.

With larger fish, it pays to fillet them, otherwise repeated meths burner top-ups are required and by the time the fish is cooked, it is often over smoked, with rather a pungent flavour.

As with any cooking method, it is to some extent a matter of personal taste and so a degree of “trial and error” is necessary to determine what suits you. Some people like a strong taste, whilst others prefer a lighter smoking.

This can be regulated by the amount of Chippings you put in the smoker, but as a general rule, a good layer, sufficient to fill the recess in the bottom of the tray works well for most applications.

One of the most important aspects of smoking, particularly with fish, is the salt treatment beforehand, as this draws fluids from the cells of the fish by osmosis, which is then reversed during the cooking process, allowing the smoke flavour to penetrate the flesh.

This can be achieved by placing the fish in a strong brine solution for an hour. After removing the fish, dry it well with kitchen paper, before smoking.

When it comes to smoking meats and poultry, the above instructions still apply, but meats take a lot longer to cook than fish, which actually begins cooking at temperatures as low as 30 degrees Celsius.

This is particularly important with chicken to ensure it is cooked through to the bone and either removing the flesh, the bone or cutting into smaller joints allows the heat to penetrate more easily.

With cheese it is possible to smoke cheese, but it must be done at a low temperature, otherwise you will end up with a puddle of melted goodness!

We hope the above is of some practical help, but should you have any other queries, please do not hesitate to contact us

How to Smoke Trout



My personal method for cleaning, brining, smoking and eating smoked trout.

Smoking trout is something that we have not covered and while you may not have access to trout specifically, this method of smoking will work on other fish as well. I

usually do not brine trout however, I will cover it in case you want to try it. Preparing the Trout In cleaning the trout it is best to cut the fish's head off and then make a shallow incision from the anus to the gills. You can then hold the fish up with one hand and use the other hand to gut the fish making sure to get the bloodline that runs along the length of the fish. Wash the fish in some salty water to help get rid of any bad flavours and lay the fish aside for brining.

Brining Trout

I use a pretty basic brine that basically consists of the following:

2 Cups Water

2 TBS Sea Salt

1 TBS Cajun Seasoning or Brown Sugar – your choice go ahead and experiment – may be chilli flakes, honey etc and so on.....

Feel free to add some hot sauce, wine, pepper, low sodium soy sauce.

Let the fish brine completely covered for about an hour making sure the brine is able to get into the inside of the fish as well as the outside. Once brining has completed, lay the fish on a paper towel and let the skin dry a little while you get the smoker ready.

Smoking the Trout Prepare the smoker with a mild wood such as pecan, apple, oak or alder. Regular smoking woods like hickory and mesquite can be a little strong for fish in my opinion, however it is your choice and you should experiment. Lay the trout directly on the grate leaving space between them and laying them open so the smoke can access all parts of the fish. Let the fish smoke for about 25-30 minutes at this low temperature to help dry the outside of the fish so that it can be firmer in the later stages of smoking. Depending on the size and quantity of fish a little longer may be required – always checked the fish is cooked through properly. Most fish is safe to eat at 60 degrees C and much beyond this the fish will start to dry out too much. However – you may want to cook to internal temperature of 70 degrees C to be sure. A fish of around 8 to 10 inches in size will be ready to take out of the smoker in about an 45 minutes or so.

Eating the Trout

The trout can be eaten as is with some good new potatoes or simply fresh bread and some homemade coleslaw or the meat can be removed from the skin, flaked and used as a dip like the recipe below: 3/4 pound smoked trout 1 package (8 ounces) softened Cream cheese 2 tablespoons half and half 2 tablespoons lemon juice 1/4 teaspoon garlic salt Remove bones and flake the fish. Combine all ingredients mixing thoroughly. Chill. Serve with assorted crackers, crisps or vegetables. Other Fish This procedure can be used with other fish like salmon, haddock, eels or your very own kippers! With varying results depending

on what types of fish you and your family like to eat. Chances are good that if you like the fish fried or baked then you will absolutely love it smoked. Go ahead.. give it a try and if you do not have a chance to go fishing then pick up some fresh fish at the market. It may not be quite as fresh but I can guarantee you that it will be delicious right out of the smoker. Enjoy!!!!

How to Smoke Chicken Breasts.....

Chicken breasts are a convenient way to get the great taste of a smoked chicken without taking the time to prep and cook a whole chicken. This recipe typically cooks in about half the time it takes to cook a whole chicken. It is also a great alternative when cooking for a crowd who doesn't like dark meat. If you do not want to purchase all of the individual ingredients for this recipe, you can always use what rub ingredients you already have or purchase a chicken rub from your favourite barbecue restaurant or your local supermarket. The key to this recipe is the combination of the smoky flavour of the wood chips and the barbecue sauce.

Smoked Chicken Breast Ingredients

- 5 individual chicken breasts or a 5 pound bag of chicken breasts
- 1 teaspoons salt
- 1 teaspoons paprika
- 1 teaspoons garlic powder
- 1 teaspoons garlic salt
- 1 teaspoons black pepper
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon dried thyme
- 1/2 teaspoon dried oregano
- 2 tablespoons brown sugar
- 1 bottle of your favourite barbecue sauce



Smoked Chicken Breasts Recipe Directions

1. Pre heat your smoker
2. Mix all of the chicken seasonings together in a mixing bowl along with enough barbecue sauce to coat all of your chicken breasts coat all of the chicken breasts.
3. Place 2 table spoons of Wood Chips – hickory or Apple is nice – into the base of the smoker, drip tray and grill rack on top
4. Place the chicken breasts on your smoker and shut your grill lid. Cook for an hour and 30 minutes or until the internal temperature is steady at 75 degrees c
5. Serve your smoked chicken breasts with a side of barbecue sauce for dipping.

Wood Chip variety Chart

ALDER—Famous in the Pacific Northwest for smoking salmon, this mild wood is the chef's smoke of choice when looking to create a delicate smoky flavour. Use with seafood

APPLE—This fruitwood is more complex than alder, yet is still quite mild. Excellent for game fish and poultry. This wood also works quite well when soaked in water then sprinkled over the coals of your BBQ when grilling chicken or steaks.

BOURBON/WHISKY SOAKED OAK—Infuses gentle bourbon flavour. Great with ribs, brisket, and other red meats. Try some on your next venison smoked dish.

CHERRY—Rich in flavour, yet very smooth. It is a killer with Cornish game hens, duck breast, and vegetables.

HICKORY—We are talking serious BBQ! This is a classic hardwood that creates a lot of depth in its flavour yet is not harsh. A perfect choice when using BBQ sauce on pork ribs or chicken.

MAPLE—Creates subtle flavours, and is perfect for creating just the right balance of taste in delicate foods, especially when smoking cheese and vegetables. Think of this wood as a quiet, dependable one.

MESQUITE—Flavour of the Southwest, from smoked chicken tacos to smoked brisket. Just remember, easy does it! Overuse can turn food bitter.

OAK—The backbone of smoking flavour. Oak is widely used in commercial smoking and works well mixed with other woods. Wonderful with apple for smoking homemade sausages.

PECAN—Made popular by being used for President Bush's Inaugural Dinner. This is really a fun flavour that adds a lot to the taste of pork, game, and lamb. Pecan is excellent when mixed with other woods to provide a well-balanced flavour.

Above all – enjoy experimenting – we all have different taste buds and much of the fun is in the testing and trying the results. Woods and brines and Rubs all have different tastes and give different colours. The internet is a great place to start looking for ideas.