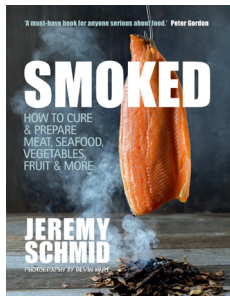
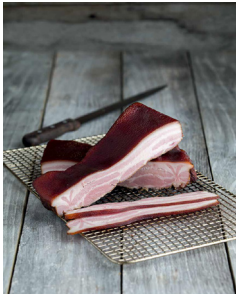


# SMOKED

HOW TO CURE AND PREPARE MEAT,  
SEAFOOD, VEGETABLES, FRUIT AND MORE



Smoking food is an age-old method of preserving fresh ingredients for future life as well as adding essential flavour. Many foods can be smoked including fish and meat, but also unusual ingredients such as dairy products and nuts.

Smoking units are now available so that the home cook can prepare smoked dishes for themselves using a home-made unit or one that fits on the stove top or in the barbecue.

Author Jeremy Schmid describes the difference between hot and cold smoking, as well as explaining the effects of different species of wood used, and talks the reader through the process in clear step-by-step photographs. Recipes are provided for different smoked food types including meat, fish and seafood, fruit and vegetables, dairy, eggs and nuts. Make your own mouthwatering Pastrami or try Smoked Snapper Pie or Beer-Crusted Bread.

**Jeremy Schmid** enjoys preparing food using traditional methods and natural produce.

He worked for several years as a chef before going on to study charcuterie at the prestigious Culinary Institute of America. Since then he has developed his own style working as a professional chef. He takes pride in serving delicious cured smoked meats, seafood, salads and desserts for catered functions and casual brunches on site at his restaurant.

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