

Home Smoking Urban Style

Equipment:

A Cast Iron Dutch Oven, Preferably Unglazed:

Why: Stainless steel, non stick, and other forms of cookware do not do well with dry heat for extended periods of time. You will put wood chips, or whatever else you are slowly burning to make smoke in the bottom of the pan and the metal will stay dry. This will destroy non stick surfaces, and eventually break the “stainless” in stainless steel. Even a high heat sauté eventually removes heat from the metal through the food. Cast iron can handle high heat without any adverse effects as long as you gently oil it with some form of vegetable oil every time you clean it, ideally while it’s still hot. While it isn’t completely necessary that this dutch oven only be used for smoking the prime will take on a very smoky flavor, so any food you make in it should at least benefit from a little bit of smoke infusion.

A Steamer Insert:

Why: Your wood chips will go on the bottom of your dutch oven. The steamer insert will hold the food above the chips while allowing excellent air flow throughout the vessel. The curved shape of a collapsible steamer insert is ideal for providing a maximum amount of area to lay out your food. If you want real maximum area you can also use a bamboo steamer. Because the bamboo steamer will absorb a lot of the smoke you will want to be careful about what else you cook in it after using it for smoking.

A Stainless Steel Powdered Sugar Shaker and a Roasting Pan

If you need to make a very large volume of smoked food it can be easier to use a roasting pan in a 200-225 degree oven. If you go this route then you can start your wood smoking in a small stainless steel powdered sugar container, or even better if you have access to professional kitchen equipment a 9 pan. Cover your roasting pan with aluminum foil and leave one corner open to slip your smoke in, then crimp it tightly right away and slip it in the oven. You’ll need to restart your chips every 20 minutes or so. This is a MAGNIFICENT way to do meat actually (ssshhhhh, I know I know the class is vegan) because it collects all the roasting juices from the meat, and they won’t burn because the oven is so low. They end up very smokey and are the best secret ingredient for any chili or bbq sauce you could think of making. However this approach also works very well for roasted smoked veggies, though you don’t end up with delicious juices, just delicious veg. You will need a high walled roasting pan that has a flat rack that fits inside to hold your food up off the bottom of the roaster. A V rack will work, but only if your vegetables are cut long enough to lay out across the bars.

Recipes

Smoking Vinaigrette

- 1 Tbsp Vinegar
- 1 Tbsp honey or evaporated cane juice syrup. Brown Sugar Syrup will also work here.
- 3 Tbsp Raw oil of some sort. Sunflower or Extra Virgin Olive Oil are ideal
- 1 healthy pinch of salt

Seasonings will vary, but in most cases anything you would imagine in BBQ would be appropriate in this vinaigrette. This isn't for dressing a salad, so you really want to end up with something more like an herb paste than a salad dressing. Sweet is a good idea as there won't be any meat to temper the tartness of the cooked vinaigrette.

Some good spices: Chili Powder, cumin, oregano, black pepper, paprika, cayenne, habanero powder, garlic powder, onion powder, rosemary (this could work well fresh also).

Smoked Vegan Chili:

This description was too long for the handout. It is posted on my blog at:
<http://magickinfood.blogspot.com/2012/06/smoked-chili-improv-style.html>

Green Tea Smoked Stir Fry

- 1 lb extra firm tofu
- 2-3 lbs hearty vegetables
- 2 cups brown rice
- Zest and Juice of 1 lemon
- 1 Tbsp honey
- 1 Tbsp soy sauce or Braggs Aminos
- A pinch cayenne or habanero powder (optional)
- 1 inch of fresh ginger finely grated
- 1 Tbsp corn starch
- 3-4 Tbsp dried green tea. Preferably the knotted kind.

Break or cut up your tofu into small pieces. Rub with the lemon zest. Lay out in your steamer and smoke with most of the green tea. Check occasionally as you might need to replace the dry tea if it completely burns up. Reserve 1 Tbsp. Brew the reserved tea. Then mix your brewed tea with your honey, lemon juice, soy sauce, ginger and corn starch. Set this aside. Chop your vegetables into stir fry size bites and start your rice cooking per the directions on the package. When your tofu is almost done stir fry your vegetables in small batches so they all get a good sear on them. When they are all finished get your wok back to a smoke and throw your veg back in with your tofu and the reserved sauce. Stir fry until everything is coated and serve over your rice.