

Kiwi Sizzler



PORTABLE SMOKER

Instruction Manual & Safety Information

Kiwi Sizzler



The Kiwi Sizzler range includes BBQs, a propane smoker and spit, smoking timbers plus an extensive range of cooking accessories, mounts and covers.

Safety Information



Fuel - Use only methylated spirits with your Kiwi Sizzler smoker. No other fuel should be used.



Flammable Surfaces - High temperatures and flame are generated during use. Ensure the smoker is used away from all flammable surfaces, including timber decks and boat floors. Site the smoker to ensure it is clear of any foliage, grass or timber that could potentially ignite during the smoking process.



Sharp Edges - Despite all care during construction, as the smoker is manufactured from stainless steel there is still the potential for sharp edges. Be careful when handling the smoker.



Hot Surfaces - Because of the high temperatures created during the smoking/cooking process be aware that the unit will still be hot for some time after the fuel dishes have extinguished.



Food Safety - Ensure that the foods smoked are properly cooked. That is especially important when smoking foods such as chicken. Ensure only quality raw products are used and also make sure that the food is properly stored after smoking. Remember that this is a smoker/cooker and all foods cooked are intended for immediate consumption or within 24 hours if properly refrigerated.



Packaging - Please dispose of the packaging from the smoker in a considerate manner. All items can be recycled.



Children - Please ensure that children are properly supervised when the smoker is in use.



First Aid - In the event of an accident resulting in a burn, get the affected part under cold water immediately and seek professional help.

Setup and Preparation of your Kiwi Sizzler Portable Smoker

Introduction

Thank you for purchasing the Kiwi Smoker portable smoker. With just basic care and maintenance you can look forward to a long life and many great meals from your Kiwi Sizzler.

Before you start please read this handbook, particularly the safety instructions, and you will quickly be on your way to some great smoked food.

Before the First Use

Before using the smoker for the first time it is essential that you wash it thoroughly with hot water and detergent. This will remove any trace of the manufacturing oil used during construction.



Assembly

There is no additional assembly required for the smoker. Ensure the fuel dishes are placed on a safe, heat-resistant surface and spread apart at a distance that will give even coverage to the underside of the smoker.

The Smoking Process

To Smoke Your Food

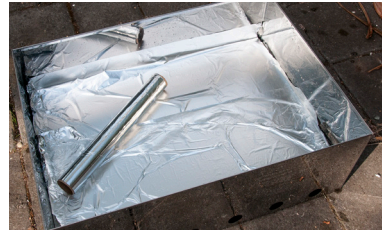
The actual smoking process is very simple. The following pages will give you more information about preparing your food and brining / salting it, however before we get to that you need to understand the actual procedure required when using your Kiwi Sizzler smoker.

To use the smoker you will need:

1. Smoking sawdust
2. Methylated spirits
3. Tinfoil (optional)
4. A lighter

1**Line the Smoker with Tinfoil**

Optional but a great way to keep your smoker in top condition. Put a layer on the bottom of the base before sprinkling the sawdust; the foil can be rolled up and disposed of after use. Putting tinfoil on top of the sawdust will also help keep it out of the food.

**2****Sprinkle the Sawdust**

A handful will usually suffice. Don't overdo the amount you use. It is just a light and general covering on the base.

**3****Place the Tray(s) in the Smoker**

The lower tray goes in first then the higher tray if you are smoking a larger quantity. Replace the lid and the process is ready to begin.

**4****Fill the Dishes with Meths and Light**

Some trial and error will be needed as you learn how much meths is required and how long it will burn for. The amount of breeze will also affect the burn time and heat so place the smoker away from direct wind. As a starting point if the dishes are half full the burn time will be around 12 minutes. You can always add more meths after it has extinguished and extend the cooking time. A BBQ lighter is a great way to safely ignite the meths.

**5****The Smoking Begins ...**

Place the smoker over the top of the burning meths dishes. Smoke will very soon appear, rising from the edges of the lid. Don't lift the lid during the cooking process or you will lose the heat and smoke.



Preparing Fish to Suit the Smoker

1

Splitting the Fish

There are two ways that fish can be prepared for smoking; filleting or splitting.

The advantage with splitting the fish is that there is no waste - even the head can be left attached and everything smoked.

To split the fish begin to fillet in the traditional manner but leave the fillet attached along the back of the fish. It can then be completely opened up and prepared for the smoking process.

The negative part of splitting the fish is that there is a different thickness on each side. That can change the taste of the fish on each side if salt and sugar is applied just before smoking, without brining the fish. An overnight brine negates most of that problem.

Splitting also leaves the bones in place. Fortunately the sweetest meat is found around the backbone. With care the backbone can be removed before smoking.



2

Filleting

The advantage with filleting the fish is that each piece is relatively uniform in size, making it easier to get consistent results, and it looks great if presentation is important.

There is no right or wrong answer and experimenting is great fun!

Brining or Sprinkling the Fish

Should You Brine the Fish or Sprinkle it?

Prior to smoking the fish or meat it will need to be prepared with salt and sugar. Other items such as herbs and spices, even rum can be added too, but it starts with salt and sugar.

Use only plain non-iodised salt or sea salt. Iodine will cause problems with the final product.

The best sugar to use is brown sugar.

Brining involves immersing the fish in a liquid consisting of a mixture of salt and sugar dissolved in water.

For smaller fish the brining time can be as short as a couple of hours although four is a good starting point. Bigger fillets or whole fish will need to stay in the brine overnight.

A good place to start is with the following mixture -

- 1 cup of plain salt
- 1 cup of brown sugar
- 2 litres of water

Adjust the quantities to suit the amount of fish to be brined.

The amount of sugar can even be doubled or sugar can be applied to the fillets just prior to smoking.

While many prefer to brine, adding a 50/50 mixture of salt and brown sugar to the fillets just before smoking will also do the trick. Better still leave the rubbed fillets in a container in the fridge overnight (never use metal) and it will form a brine. Rinse off and dry the fillets thoroughly before smoking.



TOP: Salt and brown sugar mixture rubbed into the fish fillets.

MIDDLE: A brine is formed after being left in the fridge overnight. Wash thoroughly and then dry before smoking.

BOTTOM: These fillets have been rubbed with salt and sugar then sprinkled with additional herbs just before smoking.

Smoking Timbers

The Correct Timber is Crucial

Selecting the right kind of timber for smoking is critical. Portable smokers use smoking sawdust, not chunks, and it must be completely untreated.



Kiwi Sizzler have an ever-increasing range of smoking timber options.

The traditional timber is manuka. It is ideal for smoking our popular fish species and very popular as a smoking timber for dark meats.

Also available is pohutukawa sawdust. It can be used on anything you would normally smoke with manuka. They have slightly different flavours. Both are fantastic - it comes down to personal preference.

Also available is apple sawdust. Apple is fantastic! It is superb with white meats such as chicken and perfect with other items such as vegetables.

Apple adds a sweeter flavour to the food. It also tastes great with salmon. Use it with your traditional fish smoking too for a completely different take.

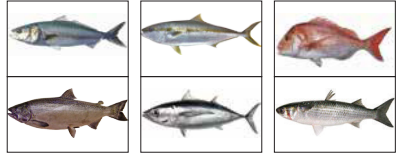
Should you plan to organise your own timber for smoking there are a few requirements. Make sure you avoid all treated timber and also avoid resinous timbers such as pine. Don't cut it with a chainsaw either as the chain oil and other impurities can be passed on to the smoked food.

Smoking Fish



Which Species?

Pretty much any fish species can be smoked, however some are better. Salmon is magnificent. Kingfish and striped marlin are in another class. Our common species, particularly kahawai and snapper, are excellent. Oily species are great. Just make sure that you start with great product - ensure the fish is fresh, properly killed and chilled before smoking.



Which Timber?

All of the timbers from Kiwi Sizzler can be used for smoking fish. Use manuka as the first option, pohutukawa for a change of flavour. Apple is also great and highly recommended when smoking salmon.

Preparation

Read the earlier sections on filleting or splitting the fish, then brine or sprinkle with salt and sugar as explained previously. If the fish is brined the most important step is drying it thoroughly. Pat with paper towels then, preferably, leave (in a fly-proof container) to dry for several hours. A fan speeds the process. The surface will be tacky when its ready to go.

Options

Flavourings can be added to the fillet or brine. Popular options include golden syrup, bay leaves, parsley flakes, rum, pepper corns and chilli. Experiment!



Smoking Time

From around 12 minutes for small fillets such as those shown (at left) to as much as 30 minutes for a large whole fish or thick fillets. You can always refill the meths dishes and cook a little more.

LEFT: Snapper brined with salt and brown sugar then smoked with pohutukawa sawdust.

Smoking Meats



Which Meats?

Most meats can be smoked in a portable smoker however you aren't always completing the cooking within the smoker. With meat such as steak, the smoker can be used to impart the smoke flavour, and part of the cooking process, before completing with conventional methods, such as a BBQ or frypan.

Chicken can be cooked in the smoker although it is critical that you ensure it is properly cooked. Chicken breasts are ideal. They can be flattened before smoking to ensure thorough cooking. The juices should run clear when cooked.

Sausages and other meats can also be smoked.

Which Timber?

Apple is great for white meats. It is also a great option with beef. Traditional manuka smoking is also ideal for all meats.

Preparation

All meats will be improved with a marinade. Again the options are unlimited. Experimentation will produce great rewards. Soy sauce, peppercorns, chilli sauces, Worcestershire sauce, in fact the list is limited only by your imagination.

Options

Don't just limit yourself to meats; many vegetables also lend themselves to smoking. Peppers and tomatoes are two in particular that suit smoking.



Smoking Time

Chicken breasts can be ready in 20 minutes (check for thorough cooking), Other meats will vary from 10-30 minutes depending on whether it is being cooked or just smoked.

LEFT: Smoked chicken breast - these were marinated in soy sauce then cooked and smoked in the portable smoker. Sliced it makes a great meat for hors d'oeuvres.

Smoking Shellfish



Which Species?

Pretty much all shellfish will smoke well.

Sometimes the smoking needs to be subtle, particularly for small shellfish such as southern clams. Mussels, conversely, can handle powerful flavours and smoking.

Which Timber?

Any of the Kiwi Sizzler timbers will be fine. Manuka is hard to beat.

Preparation

Shellfish can be immediately smoked but will benefit from a great marinade and overnight refrigeration. Steam the shellfish for a few minutes until they have opened. Discard any that don't open. Clean the shellfish by releasing from the shell and removing the beard or gills. If not being marinated place the shellfish back into one half of the shell and then place on the smoker rack. If the shellfish haven't been marinated they should be brushed with olive oil and can be sprinkled with flavours to suit.

Options

The marinade can be created from all your favourite flavours. Sweet chili sauce is great. Garlic is also popular. Use olive oil to form the base of the marinade but after that the options are yours.

Smoking Time

Smoking time for shellfish needs to be carefully judged. For mussels a great result can be achieved by smoking for around 6 minutes, opening the smoker, turning the mussels over in their shells then starting the smoker again for another 4-6 minutes.



If the size of the mussels is varied it will pay to check early in the process as they very quickly go from perfect to overcooked.

LEFT: Smoked mussels. These were marinated in a mixture of sweet chilli sauce and olive oil.

Other Smoking Tips ...

- Don't open the smoker during the smoking process as you will lose heat and smoke.
- Don't worry about the deposits on the inside of the smoker and under the lid - you will find the results produced by the smoker actually improve once it has been used a few times. In fact it even pays to run it without contents before you smoke food for the first time.
- Remember that high temperatures are produced. Smoked products can go from perfect to overcooked very quickly. You can always start the smoker again. You can't take away overcooking ...
- Some smokers have a tendency for the base to 'jump' due to expansion and contraction. This isn't a fault but can sometimes cause the sawdust to land on some of the food. The answer is to place a piece of tinfoil over the sawdust before starting the smoke and it won't then be an issue.
- Please make sure you have read all the safety advice in this handbook and that the smoker is well away from flammable items.

Thank you for purchasing the Kiwi Smoker Portable Smoker.

We know that you will love the results you create.