

SALMON GRAVLAX



Ingredients (serves 8 people):

Gravlax

- 1 and ½ kg of salmon fillet
- 1 cup coarse salt
- ½ cup brown sugar
- ½ cup white sugar
- 3 tbsp ground black pepper
- 2 bundles of dill or dill or fennel twigs

Mustard sauce

- 2 tbsp Dijon mustard
- 1 tbsp honey
- 1 lemon juice

1 tsp chopped dill or fennel

Preparation:

1. Ask the fishmonger to get a high-skinned salmon loin with scales and if you have the ability to freeze to buy a large whole salmon.
2. Split the salmon and remove a loin from the middle part of the fish.





3. Flip the skin down and run your finger along the midline of the fillet and feel the thin spines coming out of the flesh.

4. Pull each with forceps to remove fish bones.



5. Arrange the fillet and pimple-clean fish on an open PVC cling film with the fish face down and cover with a uniform layer of salt, sugar and pepper mixture.



6. Place 1 packet of chopped dill or dill on top of the salt and close tightly with cling film.



7. Using the nozzle of a knife, make 3 or 4 holes in the film on the side of the skin and place the wrapping in a tray with an absorbent towel between the fish and the bottom of the tray.



8. Put a weight on and leave the first 6 hours at room temperature and then another 48 hours in the fridge.

9. Over time the towel will absorb any liquids the fish releases during the curing process.

10. After time wash the fish quickly to remove the remaining salt or gently scrape with a knife, dry and cover the salmon with the remaining finely chopped dill and return to the uncovered refrigerator for a few more hours before opening.



11. With a sharp knife cut the salmon into very thin strips discarding the skin.
12. For the mustard sauce in a bowl mix all ingredients and beat with a fork until creamy.
13. Serve gravlax with mustard sauce and toast.

