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Gravlax

In 1 collection

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ABSTRACT

Gravlax is fresh salmon that's been cured with a combination of salt, sugar, herbs and grated beetroot.

PROTOCOL CITATION

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COLLECTIONS ⓘ



Holiday Recipes

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PARENT PROTOCOLS

Part of collection

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MATERIALS TEXT

700 g fresh salmon **400 g beetroots** **90 g sugar** **150 g sea salt** **50 g dill** **30 g lemon zest** **10 g black pepper**

SAFETY WARNINGS





A series of studies comparing wild caught salmon vs farm raised found that farm raised salmon poses a higher risk of contamination from toxic, cancer-causing chemicals, like PCBs (polychlorinated biphenyls) and dioxins. Try to find wild caught salmon.

ABSTRACT


Gravlax is fresh salmon that's been cured with a combination of salt, sugar, herbs and grated beetroot.

BEFORE STARTING

Get fresh salmon of the highest quality, sashimi-grade, bones removed and skin on.

- 1 Ground  **10 g black pepper**
- 2 Chop  **50 g dill**
- 3 Peel  **400 g beetroots** and grate it
- 4 Grate  **30 g lemon zest**





Mix  **150 g sea salt** with  **90 g sugar** and all ingredients you've prepared above in a bowl



Put  **700 g fresh salmon** in a plastic food container and fully cover it with the mix from **Step 5**

Salmon skin side should be down

- 7 Close the container and refrigerate it  **Overnight**
- 8 Remove the mix and refrigerate  **Overnight** again
- 9 Serve it on a slice of sourdough bread. Enjoy!