



Arctic Char Gravlaks with Cucumber Jelly



Gluten Free



Dairy Free



Low Fod Map

READY IN



30 min.

SERVINGS



6

CALORIES



181 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 servings accompaniment: scandinavian crispbread such as kavli thin
- ☐ 3 cucumbers seedless
- ☐ 1 tablespoon tiny dill fronds fresh
- ☐ 1.3 lb center-cut piece arctic char fillet with skin, pin bones removed
- ☐ 3 cups optional: dill fresh coarsely chopped (from 2 large bunches)
- ☐ 2 teaspoons gelatin powder unflavored (from 1 envelope)
- ☐ 1 tablespoon coarsely ground pepper black
- ☐ 0.3 cup kosher salt

- ☐ 0.5 cup sugar
- ☐ 0.8 teaspoon salt
- ☐ 1 tablespoon distilled vinegar white

Equipment

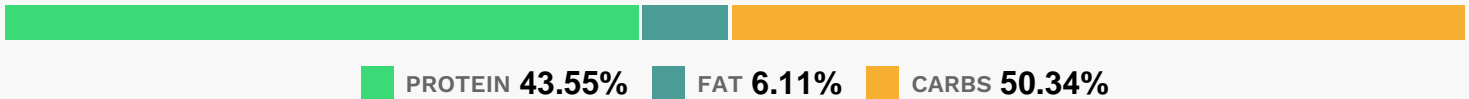
- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ knife
- ☐ sieve
- ☐ plastic wrap
- ☐ baking pan
- ☐ spatula
- ☐ cutting board
- ☐ glass baking pan

Directions

- ☐ Pat fish dry, then transfer, skin side up, to a large sheet of plastic wrap. Stir together sugar, salt, and pepper, then rub 3 tablespoons of mixture onto skin of fish. Turn fish over and thickly coat with remaining sugar mixture, then pack dill on top.
- ☐ Wrap fish tightly in 2 or 3 layers of plastic wrap (to prevent leakage; salt mixture will liquefy as fish cures) and transfer to a large shallow baking pan. Put another baking pan or a cutting board on top of fish and weight down with 3 or 4 full cans (about 3 lb total).
- ☐ Let fish cure, chilled, turning wrapped fillet over roughly every 12 hours and then replacing weight, for 36 hours total.
- ☐ Peel cucumbers, making sure to remove all green (for a clearer jelly), then halve lengthwise and core. Coarsely chop cucumbers and purée in a food processor until smooth, then drain in a large fine-mesh sieve set over a bowl, pressing hard on solids to extract 2 cups liquid. Discard solids.
- ☐ Stir together salt and 1/2 cup cucumber liquid in a small saucepan and sprinkle with gelatin.

- ☐ Let stand 1 minute to soften, then heat over moderate heat, stirring, just until gelatin is dissolved, about 2 minutes. Cool mixture to room temperature, then stir into remaining 1 1/2 cups cucumber liquid along with vinegar.
- ☐ Pour mixture into an 8-inch square glass baking dish and sprinkle with dill fronds, pressing gently to submerge. Chill, covered, until set, at least 8 hours.
- ☐ Unwrap gravlaks, discarding liquid, and gently scrape off dill.
- ☐ Transfer gravlaks, skin side down, to a cutting board. Holding a very sharp long thin-bladed knife at a 30-degree angle, cut gravlaks across the grain into very thin slices, being careful not to cut through skin. Discard skin.
- ☐ Cut jelly into 6 pieces and divide among 6 plates with a metal spatula.
- ☐ Serve with several slices of gravlaks.
- ☐ • Cured gravlaks can be drained, scraped, and wrapped in clean plastic wrap, then chilled up to 5 days. • Jelly can be chilled up to 4 days

Nutrition Facts



Properties

Glycemic Index:32.85, Glycemic Load:12.26, Inflammation Score:-9, Nutrition Score:15.887391214785%

Flavonoids

Isorhamnetin: 10.25mg, Isorhamnetin: 10.25mg, Isorhamnetin: 10.25mg, Isorhamnetin: 10.25mg Kaempferol: 3.14mg, Kaempferol: 3.14mg, Kaempferol: 3.14mg, Kaempferol: 3.14mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 13mg, Quercetin: 13mg, Quercetin: 13mg, Quercetin: 13mg

Nutrients (% of daily need)

Calories: 180.91kcal (9.05%), Fat: 1.24g (1.9%), Saturated Fat: 0.17g (1.09%), Carbohydrates: 22.96g (7.65%), Net Carbohydrates: 20.99g (7.63%), Sugar: 18.72g (20.8%), Cholesterol: 40.63mg (13.54%), Sodium: 5081.78mg (220.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.85g (39.71%), Selenium: 32.5µg (46.42%), Vitamin A: 1970.14IU (39.4%), Vitamin C: 25.78mg (31.24%), Manganese: 0.59mg (29.51%), Phosphorus: 243.78mg (24.38%), Potassium: 786.31mg (22.47%), Vitamin B6: 0.36mg (17.84%), Magnesium: 64.14mg (16.04%), Folate: 64µg (16%), Vitamin B12: 0.86µg (14.33%), Iron: 2.43mg (13.5%), Vitamin K: 12.59µg (11.99%), Vitamin B3: 2.4mg (11.99%), Copper: 0.22mg (10.86%), Vitamin B2: 0.18mg (10.48%), Calcium: 94.04mg (9.4%), Vitamin B1: 0.14mg (9.06%), Fiber: 1.96g (7.85%), Zinc: 0.95mg (6.31%), Vitamin B5: 0.62mg (6.21%), Vitamin D: 0.85µg (5.67%), Vitamin E: 0.67mg (4.46%)