



Citrus-cured salmon gravadlax

 Gluten Free

READY IN



600 min.

SERVINGS



8

CALORIES



412 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 fillet ed side of very salmon – weighing 900g fresh
- ☐ 80 g very bunch dill
- ☐ 100 g baby salad leaves and extra virgin olive oil mixed
- ☐ 250 g maldon sea salt
- ☐ 375 g little demerara sugar
- ☐ 4 star anise
- ☐ 1 tsp coriander seeds
- ☐ 3 orange zest

- ☐ 1 lime zest
- ☐ 1 lemon zest
- ☐ 100 ml double cream
- ☐ 100 ml crème fraîche
- ☐ 50 g horseradish freshly grated
- ☐ 0.5 juice of lemon

Equipment

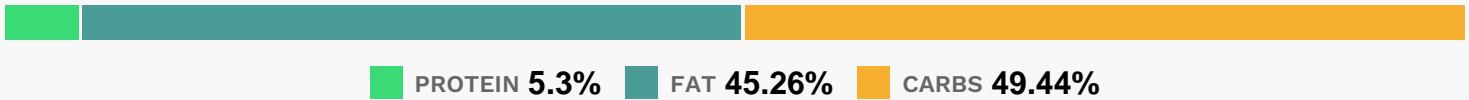
- ☐ food processor
- ☐ bowl
- ☐ knife
- ☐ whisk
- ☐ casserole dish

Directions

- ☐ Tip all the ingredients for the salt mix into a food processor and whizz until everything is combined and the spices are completely ground.
- ☐ Stroke your hand along the salmon fillet to check for any stray bones. If you find any, pull them out with a pair of tweezers or small pliers.
- ☐ To skin the salmon fillet, lay the fish skin-side down with the tail end closest to you. Insert your knife at an angle at the tail end and cut through the flesh to the skin. Turn the blade so its almost flat against the skin, then take hold of the skin with the other hand. Pull and wiggle the skin towards you so as to cut the fillet away. Halfway through removing the skin, hold the knife firmly and flip the fillet over. Gently lift the fillet away from the skin and discard the skin. Trim away the thinner part, plus any fat around the edges, so that the fillet has an even shape.
- ☐ Scatter about a third of the salt mix onto a large tray in a line about the size of the salmon fillet.
- ☐ Lay the salmon, skinned-side down, over the salt and pack the rest of the salt on top. Cover with cling film, put another tray on top and weigh it down with a few cans or an empty casserole dish. Leave in the fridge overnight or for at least 10 hrs.
- ☐ Under cold running water, wash the salt mix off the salmon fillet, then dry with kitchen paper. Finely chop the dill.

- ☐ Lay the salmon on a board and cover with the dill, pressing it down to pack it onto the salmon.
- ☐ If serving as a plated starter, use a sharp carving knife to cut the salmon straight down into fine slices, allowing 6 slices for each plate.
- ☐ To make the horseradish cream, whisk together the cream and crme frache.
- ☐ Add the horseradish, lemon juice and seasoning, then continue to whisk until thick. Dress the salad leaves in a little olive oil. You are now ready to plate up.
- ☐ Arrange a neat pile of baby salad leaves in the centre of each plate. Curl slices of the salmon into bow shapes around the leaves. Continue all the way around the plate in a petal fashion. Use 2 teaspoons to make small quenelles of horseradish cream and spoon each into each bowl.

Nutrition Facts



Properties

Glycemic Index:10.88, Glycemic Load:0.46, Inflammation Score:-7, Nutrition Score:8.764347910881%

Flavonoids

Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 3.87mg, Hesperetin: 3.87mg, Hesperetin: 3.87mg, Hesperetin: 3.87mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 4.35mg, Isorhamnetin: 4.35mg, Isorhamnetin: 4.35mg, Isorhamnetin: 4.35mg Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg, Kaempferol: 1.33mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 5.56mg, Quercetin: 5.56mg, Quercetin: 5.56mg, Quercetin: 5.56mg

Nutrients (% of daily need)

Calories: 411.82kcal (20.59%), Fat: 21.05g (32.39%), Saturated Fat: 6.07g (37.96%), Carbohydrates: 51.74g (17.25%), Net Carbohydrates: 50.36g (18.31%), Sugar: 48g (53.33%), Cholesterol: 33.07mg (11.02%), Sodium: 12162.92mg (528.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.55g (11.1%), Vitamin C: 20.64mg (25.02%), Vitamin A: 1066.11IU (21.32%), Vitamin E: 2mg (13.31%), Selenium: 8.96µg (12.8%), Vitamin B12: 0.72µg (12.02%), Vitamin B6: 0.22mg (11.16%), Manganese: 0.21mg (10.43%), Vitamin B3: 1.95mg (9.76%), Vitamin B2: 0.16mg (9.68%), Iron: 1.54mg (8.55%), Vitamin K: 8.24µg (7.85%), Calcium: 76.62mg (7.66%), Potassium: 267.92mg (7.65%), Phosphorus: 73.85mg (7.38%), Folate: 27.65µg (6.91%), Fiber: 1.38g (5.52%), Copper: 0.11mg (5.29%), Vitamin B5: 0.52mg (5.21%), Magnesium: 20.01mg (5%), Vitamin B1: 0.07mg (4.69%), Zinc: 0.45mg (3.03%), Vitamin D: 0.2µg (1.34%)