



Dazzling beetroot-cured salmon

 Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



400 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 fillet salmon fillet (1.3kg 3lb in total)
- ☐ 200 g sugar
- ☐ 85 g horseradish fresh finely grated grated peeled (little finger-length piece)
- ☐ 3 medium beets raw grated (250g 9oz) (no need to peel)
- ☐ 140 g sea salt
- ☐ 1 bunch optional: dill chopped
- ☐ 1 romaine leaves separated
- ☐ 4 medium beets diced cooked peeled

- ☐ 2 shallots finely chopped
- ☐ 8 servings olive oil
- ☐ 200 ml crème fraîche
- ☐ 1 juice of lemon
- ☐ 2 tbsp horseradish freshly grated
- ☐ 1 handful optional: dill roughly chopped

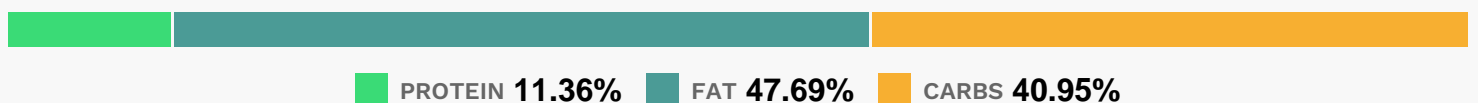
Equipment

- ☐ bowl

Directions

- ☐ Lay the salmon fillets, skin side down, on a board and brush your hand along it. If you feel any little pin bones pinch them out with your fingers or tweezers. In a bowl, mix all of the other ingredients for the salmon together to make the cure.
- ☐ Stretch two large sheets of cling film over a work surface and spoon over some of the cure.
- ☐ Lay one of the fillets, skin side down, on the cure, then pack over most of the cure, and sandwich with the remaining fillet, skin side up. Top with the last of the cure and wrap both fillets together tightly with lots of cling film.
- ☐ Place in a container with sides, like a large roasting tray, put a smaller tray on top and weigh it down with a couple of tins. Leave in the fridge for at least three days or up to a week. Dont be alarmed by the amount of liquid that leaks out, this is normal. Once a day, pour away the liquid, turn the salmon and re-apply the weights.
- ☐ To serve, unwrap the salmon from the cling film and brush off the marinade. Slice the salmon into thin slivers. Make the dressing by mixing all the ingredients together with some salt and pepper. Toss all the salad ingredients together and serve each guest with a few slices of salmon, a handful of salad and drizzle with the dressing. Once made the salmon will sit happily in the fridge for up to a week and can be used just like smoked salmon.

Nutrition Facts



Properties

Glycemic Index:36.64, Glycemic Load:24.25, Inflammation Score:-7, Nutrition Score:15.36217374387%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg, Isorhamnetin: 0.11mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 400.13kcal (20.01%), Fat: 21.79g (33.52%), Saturated Fat: 4.85g (30.31%), Carbohydrates: 42.09g (14.03%), Net Carbohydrates: 37.55g (13.65%), Sugar: 36.75g (40.83%), Cholesterol: 37.71mg (12.57%), Sodium: 6942.97mg (301.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.67g (23.34%), Folate: 180.75µg (45.19%), Manganese: 0.55mg (27.65%), Selenium: 17.82µg (25.46%), Vitamin B6: 0.49mg (24.34%), Vitamin B12: 1.4µg (23.38%), Potassium: 765.73mg (21.88%), Vitamin B3: 3.91mg (19.53%), Fiber: 4.54g (18.14%), Phosphorus: 169.22mg (16.92%), Vitamin B2: 0.27mg (16.06%), Vitamin E: 2.19mg (14.57%), Vitamin C: 11.15mg (13.51%), Magnesium: 52.22mg (13.06%), Copper: 0.24mg (11.89%), Vitamin B5: 1.05mg (10.47%), Vitamin B1: 0.16mg (10.34%), Iron: 1.83mg (10.18%), Vitamin A: 459.47IU (9.19%), Vitamin K: 9.19µg (8.75%), Calcium: 64.27mg (6.43%), Zinc: 0.96mg (6.39%)