



Dilled Gravlax with Mustard Sauce

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



288 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon peppercorns whole black
- ☐ 4 servings pumpernickel bread mini
- ☐ 3 tablespoons grapeseed oil
- ☐ 1 teaspoon coriander seeds
- ☐ 4 servings optional: dill
- ☐ 2 tablespoons optional: dill fresh chopped
- ☐ 2 tablespoons dijon honey mustard
- ☐ 1 pound salmon fillet

- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons sea salt
- ☐ 2 teaspoons sugar
- ☐ 1 tablespoon vinegar white
- ☐ 1 teaspoon peppercorns cracked whole white

Equipment

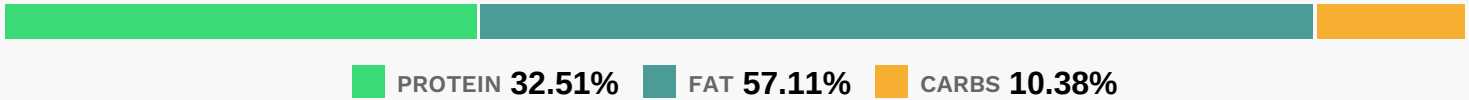
- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ whisk
- ☐ plastic wrap
- ☐ kitchen towels
- ☐ mortar and pestle
- ☐ glass baking pan

Directions

- ☐ Heat all peppercorns and coriander seeds in small skillet over medium-high heat until spices are fragrant and seeds jump slightly, shaking skillet frequently, about 2 minutes. Crush spices in mortar with pestle or transfer to work surface, cover with kitchen towel (not terry cloth), and crush with mallet or bottom of heavy pan.
- ☐ Transfer spices to small bowl.
- ☐ Mix in salt and sugar.
- ☐ Using small sharp knife, poke 12 small holes through skin of salmon. Rub 1/3 of spice mixture over skin.
- ☐ Sprinkle 1/3 cup chopped dill in bottom of 7x7x2-inch or 8x8x2-inch glass baking dish.
- ☐ Place salmon, skin side down, atop dill. Rub remaining spice mixture into top of salmon. Press 2/3 cup chopped dill onto salmon. Cover with plastic wrap, pressing directly onto fish.
- ☐ Place plate or another pan atop plastic.
- ☐ Place heavy cans on plate. Refrigerate 2 to 3 days.

- ☐
- Whisk mustard and vinegar in small bowl to blend. Gradually whisk in oil. Stir in chopped dill and salt. Season with ground black pepper. (Sauce can be made 3 days ahead. Cover and chill.)
- ☐
- Scrape spices and dill off both sides of salmon (some spice mixture will remain). Using knife with long thin blade, thinly slice salmon diagonally at 45-degree angle from top of fillet toward skin.
- ☐
- Arrange toasts on platter; top with salmon slices, sauce, and dill sprigs.

Nutrition Facts



Properties

Glycemic Index:73.02, Glycemic Load:1.76, Inflammation Score:-3, Nutrition Score:17.533478135648%

Flavonoids

Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 287.79kcal (14.39%), Fat: 17.88g (27.51%), Saturated Fat: 2.15g (13.46%), Carbohydrates: 7.31g (2.44%), Net Carbohydrates: 6.43g (2.34%), Sugar: 3.51g (3.9%), Cholesterol: 62.37mg (20.79%), Sodium: 3727.66mg (162.07%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.9g (45.8%), Vitamin B12: 3.61µg (60.1%), Selenium: 41.9µg (59.86%), Vitamin B6: 0.93mg (46.69%), Vitamin B3: 8.97mg (44.87%), Vitamin B2: 0.44mg (25.89%), Phosphorus: 234.89mg (23.49%), Vitamin E: 3.04mg (20.26%), Vitamin B5: 1.91mg (19.08%), Vitamin B1: 0.26mg (17.49%), Potassium: 582.67mg (16.65%), Copper: 0.32mg (16.04%), Manganese: 0.25mg (12.47%), Magnesium: 38.36mg (9.59%), Iron: 1.35mg (7.52%), Folate: 30.04µg (7.51%), Zinc: 0.8mg (5.36%), Fiber: 0.88g (3.53%), Calcium: 29.11mg (2.91%), Vitamin K: 1.81µg (1.72%), Vitamin A: 74.53IU (1.49%)