

Gravadlax



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



10

CALORIES



192 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1000 g salmon fillet organic for you
- ☐ 75 g sea salt
- ☐ 75 g brown sugar
- ☐ 1 tsp peppercorns black crushed
- ☐ 1 lemon zest
- ☐ 8 juniper berries crushed
- ☐ 20 g optional: dill roughly chopped
- ☐ 2 tbsp hendrick's gin

- ☐ 10 servings sauce
- ☐ 4 tbsp apple cider vinegar
- ☐ 2 tbsp muscovado sugar

Equipment

- ☐ food processor
- ☐ blender
- ☐ baking pan

Directions

- ☐ Pat the salmon dry with kitchen paper and run your hands over the flesh to see if there are any stray small bones if there are, use a pair of tweezers to pull them out. Set the salmon fillets aside.
- ☐ Tip the salt, sugar, peppercorns, lemon zest, juniper and dill into a food processor and blitz until you have a bright green, wet salt mixture or cure. Unravel some cling film but keep it attached to the roll.
- ☐ Lay the first fillet of salmon skin-side down and then pack the cure over the flesh.
- ☐ Drizzle with gin, if using and top with the 2nd fillet, flesh-side down.
- ☐ Roll the sandwiched fillets tightly in cling film to create a package.
- ☐ Place the fish in a shallow baking dish or shallow-sided tray and lay another tray on top. Weigh the tray down with a couple of tins or bottles and place in the fridge for at least 48 hrs or up to 4 days, turning the fish over every 12 hours or so. The longer you leave it, the more cured it will become.
- ☐ To make the sauce, tip all the sauce ingredients into a blender. Blitz until you have a thickened dressing.
- ☐ To serve, unwrap the fish and brush off the marinade with kitchen paper. Rinse it if you like. You can slice the fish classically into long thin slices, leaving the skin behind, or remove the skin it and slice it straight down.
- ☐ Serve the sliced fish on a large platter or individual plates with pumpernickel bread, dill and mustard sauce.

Nutrition Facts



 PROTEIN **44.45%**  FAT **31.99%**  CARBS **23.56%**

Properties

Glycemic Index:10.2, Glycemic Load:0.09, Inflammation Score:-3, Nutrition Score:14.502173873717%

Flavonoids

Isorhamnetin: 0.87mg, Isorhamnetin: 0.87mg, Isorhamnetin: 0.87mg, Isorhamnetin: 0.87mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg, Quercetin: 1.1mg

Nutrients (% of daily need)

Calories: 191.5kcal (9.58%), Fat: 6.39g (9.83%), Saturated Fat: 0.99g (6.18%), Carbohydrates: 10.59g (3.53%), Net Carbohydrates: 10.38g (3.77%), Sugar: 9.89g (10.98%), Cholesterol: 55mg (18.33%), Sodium: 2967.29mg (129.01%), Alcohol: 1g (100%), Alcohol %: 0.97% (100%), Protein: 19.99g (39.98%), Vitamin B12: 3.18µg (53%), Selenium: 36.66µg (52.37%), Vitamin B6: 0.83mg (41.41%), Vitamin B3: 7.91mg (39.55%), Vitamin B2: 0.39mg (22.78%), Phosphorus: 203.08mg (20.31%), Vitamin B5: 1.69mg (16.93%), Vitamin B1: 0.23mg (15.21%), Potassium: 529.75mg (15.14%), Copper: 0.27mg (13.37%), Magnesium: 32.21mg (8.05%), Folate: 28.25µg (7.06%), Manganese: 0.13mg (6.33%), Iron: 1.09mg (6.04%), Zinc: 0.68mg (4.53%), Vitamin A: 197.07IU (3.94%), Vitamin C: 2.47mg (3%), Calcium: 29.35mg (2.93%)