



Gravlax with Mustard Sauce



Dairy Free

READY IN



2895 min.

SERVINGS



10

CALORIES



245 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 large bunch optional: dill chopped for serving
- ☐ 1 tablespoon fennel seeds whole
- ☐ 0.5 cup kosher salt
- ☐ 10 servings pumpernickel bread for serving
- ☐ 3 pounds salmon fresh
- ☐ 0.5 cup sugar
- ☐ 2 tablespoons peppercorns white crushed

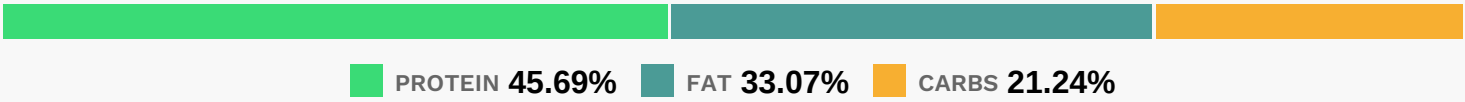
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ knife
- ☐ whisk
- ☐ aluminum foil
- ☐ cutting board

Directions

- ☐ Cut the salmon in half crosswise and place half the fish skin side down in a deep dish. Wash and shake dry the dill and place it on the fish.
- ☐ Combine the salt, sugar, crushed peppercorns, and fennel seeds in a small bowl and sprinkle it evenly over the piece of fish.
- ☐ Place the other half of salmon over the dill, skin side up. Cover the dish with aluminum foil.
- ☐ Place a smaller pan on top of the foil and weight it with some heavy cans. Refrigerate the salmon for at least 2 and up to 3 days, turning it every 12 hours and basting it with the liquid that collects.
- ☐ Lay each piece of salmon flat on a cutting board, remove the bunch of dill, and sprinkle the top with chopped dill. With a long thin slicing knife, slice the salmon in long thin slices as you would for smoked salmon.
- ☐ Serve with dark pumpernickel bread and mustard sauce. You can also serve with chopped red onion and capers, if desired.
- ☐ 1/4 cup Dijon mustard
- ☐ 1 teaspoon ground dry mustard
- ☐ 2 tablespoons sugar
- ☐ 2 tablespoons white wine vinegar
- ☐ 1/3 cup olive oil
- ☐ 2 tablespoons chopped fresh dill
- ☐ Combine the mustards, sugar, and vinegar in a small bowl. Slowly whisk in the oil and stir in the chopped dill.
- ☐ Serve with the gravlax.

Nutrition Facts



Properties

Glycemic Index:14.11, Glycemic Load:7.21, Inflammation Score:-3, Nutrition Score:19.658695782332%

Flavonoids

Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 245.1kcal (12.25%), Fat: 8.84g (13.61%), Saturated Fat: 1.36g (8.5%), Carbohydrates: 12.78g (4.26%), Net Carbohydrates: 11.7g (4.26%), Sugar: 9.99g (11.09%), Cholesterol: 74.84mg (24.95%), Sodium: 5725.34mg (248.93%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.49g (54.98%), Vitamin B12: 4.33µg (72.12%), Selenium: 50.08µg (71.54%), Vitamin B6: 1.12mg (56.02%), Vitamin B3: 10.77mg (53.85%), Vitamin B2: 0.53mg (31.07%), Phosphorus: 282.13mg (28.21%), Vitamin B5: 2.27mg (22.69%), Vitamin B1: 0.31mg (20.93%), Potassium: 683.29mg (19.52%), Copper: 0.38mg (19.08%), Magnesium: 45.18mg (11.29%), Manganese: 0.22mg (10.87%), Iron: 1.71mg (9.51%), Folate: 35.4µg (8.85%), Zinc: 0.96mg (6.39%), Fiber: 1.08g (4.32%), Calcium: 35.83mg (3.58%), Vitamin A: 62.96IU (1.26%), Vitamin C: 0.83mg (1.01%)