



Lemongrass-Cured Salmon Canapes



Gluten Free



Dairy Free



Low Fod Map

READY IN



2942 min.

SERVINGS



50

CALORIES



47 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 bunch cilantro leaves with stems
- 50 servings micro cilantro such as mint or basil
- 1 tablespoon coriander seeds
- 25 cucumbers thinly sliced
- 2 teaspoons cumin seeds
- 1 tablespoon fennel seeds
- 1 small fingerling potatoes boiled quartered (25 pieces)
- 0.5 cup kosher salt

- 4 stalks lemongrass fresh
- 24 ounce salmon center cut fillets with skin attached (each equal size)
- 0.3 cup sugar

Equipment

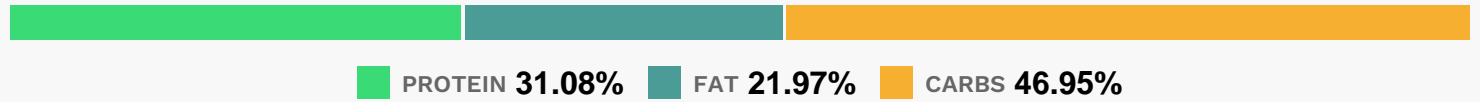
- food processor
- frying pan
- baking sheet
- paper towels
- plastic wrap
- mortar and pestle
- cutting board

Directions

- Toast the whole spices in a dry skillet over medium heat until fragrant, 2 to 3 minutes. Cool slightly and crush in a mortar and pestle or in a spice grinder.
- Mix the sugar, salt, and spices together.
- Roughly chop both the lemongrass stalks and cilantro, then mix them together, this can be done either by hand or in a food processor.
- Lay the salmon, skin side down on a cutting board. Pull the pin bones from the fillets if needed. Scatter the curing mixture over the fish, and then the lemongrass and cilantro mixture. (This may seem like a lot of rub but use it all.) Sandwich the fillets together, skin side out, and wrap tightly in plastic wrap. Set the package on a plate, cover with another plate or small baking sheet.
- Place 2 to 3 cans on top to weight down the fish. Refrigerate for 2 to 3 days flipping the salmon daily.
- Unwrap the salmon, and rinse under cold running water to remove the spices and herbs. Dry thoroughly with paper towels. Slice the salmon at a slight angle, as thin as you can.
- If doing this ahead lay the salmon on a parchment lined pan, cover and refrigerate until ready to serve.
- Serve on a slice of cucumber or a fingerling potato.

Garnish with herbs and serve.

Nutrition Facts



Properties

Glycemic Index:4.76, Glycemic Load:1.7, Inflammation Score:-3, Nutrition Score:5.5430434942245%

Flavonoids

Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 47.33kcal (2.37%), Fat: 1.17g (1.8%), Saturated Fat: 0.16g (0.99%), Carbohydrates: 5.63g (1.88%), Net Carbohydrates: 4.4g (1.6%), Sugar: 3.43g (3.81%), Cholesterol: 7.48mg (2.49%), Sodium: 1141.4mg (49.63%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.73g (7.45%), Vitamin K: 11.67µg (11.12%), Vitamin B6: 0.2mg (10.01%), Manganese: 0.2mg (9.8%), Potassium: 300.01mg (8.57%), Copper: 0.15mg (7.59%), Selenium: 5.18µg (7.4%), Vitamin B12: 0.43µg (7.21%), Vitamin C: 5.62mg (6.82%), Folate: 26.02µg (6.5%), Phosphorus: 63.38mg (6.34%), Magnesium: 24.63mg (6.16%), Vitamin B5: 0.6mg (5.99%), Vitamin B3: 1.19mg (5.95%), Vitamin B2: 0.09mg (5.5%), Vitamin B1: 0.08mg (5.48%), Fiber: 1.23g (4.92%), Iron: 0.67mg (3.72%), Calcium: 27.6mg (2.76%), Vitamin A: 132.31IU (2.65%), Zinc: 0.4mg (2.64%)