



Salmon Gravlax Tartare on Crisp Potato Slices



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



40

CALORIES



48 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 tablespoon chives snipped
- ☐ 1 bunch optional: dill minced for decoration
- ☐ 2 teaspoons dill dried
- ☐ 2 tablespoons gravlax cure
- ☐ 1 tablespoon juniper berries chopped
- ☐ 1 teaspoon kosher salt
- ☐ 0.5 cup olive oil

- ☐ 0.1 teaspoon orange zest grated
- ☐ 10 small potatoes white red cut into 1/8-inch circular slices (discarding rounded ends) (or)
- ☐ 5 ounces salmon fresh cut into tiny dice
- ☐ 3 tablespoons sugar

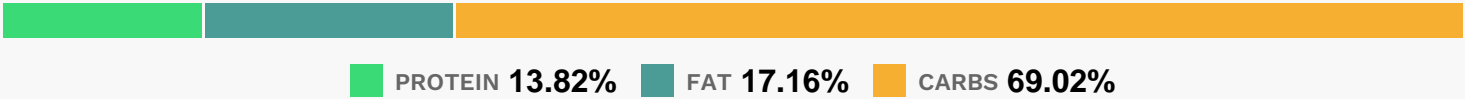
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ spatula

Directions

- ☐ Mix all the ingredients together in a small bowl. You can make the cure in advance and it will keep, stored in an airtight jar out of the sunlight, for up to 6 months.
- ☐ In a medium bowl, mix the salmon with 2 tablespoons of the Gravlax Cure and then add the olive oil, snipped chives, orange zest, and pepper. Cover and refrigerate overnight, or for at least 6 hours.
- ☐ Serve topped with a scattering of freshly minced dill on a Crisp Potato Slice or an English cucumber slice.
- ☐ Strew some more minced dill on the plate or tray that you're using to pass the hors d'oeuvres — then the Crisp Potato Slices won't skid around and the cucumber will be easier to pick up.
- ☐ Position a rack in the top third of the oven and preheat to 350°F.
- ☐ Arrange the potatoes in a single layer on a baking sheet; brush each slice with oil, then turn them and brush the other side.
- ☐ Sprinkle with salt and pepper and bake for 10 minutes, then turn slices and bake for another 5 minutes.
- ☐ Remove all crisp slices with a spatula and continue cooking any slices that look like they need more time. Cool on a rack, then use immediately or store in an airtight container for up to 2 days.
- ☐ Serena, Food & Stories
- ☐ Stewart, Tabori & Chang

Nutrition Facts



Properties

Glycemic Index:6.15, Glycemic Load:6.07, Inflammation Score:-1, Nutrition Score:2.6747826214718%

Flavonoids

Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 48.42kcal (2.42%), Fat: 0.94g (1.45%), Saturated Fat: 0.14g (0.85%), Carbohydrates: 8.51g (2.84%), Net Carbohydrates: 7.55g (2.75%), Sugar: 1.24g (1.38%), Cholesterol: 2.2mg (0.73%), Sodium: 66.29mg (2.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.7g (3.41%), Vitamin C: 8.47mg (10.27%), Vitamin B6: 0.16mg (7.77%), Potassium: 198.73mg (5.68%), Fiber: 0.95g (3.8%), Vitamin B3: 0.73mg (3.65%), Manganese: 0.07mg (3.58%), Phosphorus: 31.68mg (3.17%), Vitamin B1: 0.04mg (2.82%), Copper: 0.06mg (2.78%), Magnesium: 11.12mg (2.78%), Iron: 0.39mg (2.19%), Selenium: 1.43µg (2.04%), Folate: 7.81µg (1.95%), Vitamin B12: 0.11µg (1.88%), Vitamin B5: 0.19mg (1.85%), Vitamin B2: 0.03mg (1.62%), Vitamin K: 1.33µg (1.27%)