



Salmon gravadlax

10'
Hands on

2 days'
Hands off

15
Portion(s)

1
Difficulty



Ingredients

- 1 kilo salmon, fillet
- 2 bunches dill
- 400 g salt, coarse
- 600 g granulated sugar
- 500 g orange juice
- 100 g brandy
- 2 tablespoon(s) peppercorns
- 8 star anises
- lemon juice, from 1 lemon
- lemon zest, from 1 lemon
- 1 teaspoon(s) mustard, English

To serve

- 400 g cream cheese
- lime zest, from 1 lime
- lime juice, from 1 lime
- pepper
- 20 g rocket
- 1 tablespoon(s) olive oil
- 1 ciabatta, large

Method

- Spread a bunch of dill onto the bottom of a [20x25 cm baking pan](#).
- Place the salmon fillet on top, skin side down on the dill. (The 1st day the marinade is strong and aggressive. This is why we place the skin side down. The next day the salmon will release its juices. This will soften the marinade and allow us to turn it over.)
- Prepare the marinade in a bowl. Add the coarse salt, sugar, orange juice, cognac, star anise, pepper, lemon zest and juice. The salt and the sugar may not melt but it doesn't matter. Whisk together to combine all of the ingredients well.
- Pour the marinade over the salmon.
- Cover the pan with plastic wrap. Make sure the wrap is directly touching both the salmon and the marinade so that no air is allowed in.
- Refrigerate for 24 hours.
- Remove from refrigerator and turn the salmon over in the marinade (skin side up). Refrigerate for another 24 hours. (If you want it more "well done" let it sit for an extra 6 hours at the most.)
- After 2 days, remove salmon from marinade and rinse well under running water.
- Put some paper towels on a cutting board and place salmon on top. Pat dry with paper towels.
- Spread the mustard on to the skin side of the salmon, using the back side of a spoon.
- Finely chop the 2nd bunch of dill on a cutting board and spread it to match the size of the salmon.
- Place the side of the salmon spread with mustard over the chopped dill. Press down on it with your hands so that it sticks to the fish.
- Cut thin slices, starting from the side of the flesh and ending as soon as your knife touches the skin.
- When you finish slicing the salmon, remove the skin by cutting horizontally, parallel to the skin, under the slices. Set aside.

To serve

- In a bowl, use a spoon to combine the [cream cheese](#) with the lime juice, lime zest and a generous amount of freshly ground pepper.
- Slice the ciabatta open, horizontally.
- Spread the cream cheese mixture on the bottom part of the ciabatta. Add the slices of salmon on top. Add the arugula, a generous amount of olive oil and cover with the top side of the bread.
- Cut and serve.

Διατροφικός πίνακας

Nutrition information per portion

335 Calories (kcal)	10.0 Total Fat (g)	1.9 Saturated Fat (g)	43.0 Total Carbs (g)
17%	14%	10%	17%
43.0 Sugars (g)	14.0 Protein (g)	0.5 Fibre (g)	- Sodium (g)
48%	28%	2%	-%