Gravlax

Description

Gravlax is a Swedish salmon classic. The salmon is cured with salt, sugar and dill, simple flavor combinations that bring out a wonderful quality in the fish. Makes a very elegant appetizer.

Summary

Yield: 10
Prep Time: 24 hours
Category: Fish
Cuisine: Swedish

Ingredients

- 1/4 cup vegetable oil
- 1/3 cup sugar
- 1/3 cup kosher salt
- 1 1/2 tbsps whole white pepper, coarsely crushed
- 1/4 cup cognac or brandy
- 1 red onion, thinly sliced
- 3 cups fresh dill sprigs (lightly packed)
- 1 frozen salmon, about 2 pounds
- 2/3 cup dijon mustard
- 1/2 cup olive oil
- 1 1/2 tbsp white wine vinegar
- 1 tbsp sugar (for mustard sauce)
- 1/4 cup fresh dill, chopped (for mustard sauce)
- 3 lemons, sliced into wedges
- crisp flat bread or pumpernickel bread

Instructions

Gravlax
Because the fish is cured, not cooked, it should be frozen for at least 3 days prior to preparation to ensure that the fish is free of parasites. Thaw completely at room temperature before preparation.

Rub salmon thoroughly with vegetable oil. Mix salt, sugar and pepper and lightly rub mixture all over fish.

Lay salmon, skin side down, in a glass baking dish. Baking dish should be just large enough to contain the fish. Pat remaining mixture of salt, sugar and pepper on the fish. Spoon the cognac or brandy over the salmon.

Place the sliced onion and 1 to 2 cups of the dill sprigs on top of the salmon. Cover baking dish tightly with plastic wrap. Refrigerate for 12 hours, basting 3 to 4 times with accumulated juices. At the half way point (about 12 hours), turn salmon over, placing the dill and onions underneath. Cover with plastic wrap and refrigerate for another 12 hours, basting 3 to 4 times with juices.

Mustard Sauce
Combine 2/3 cup of Dijon mustard, 1/2 cup of olive oil, 1 1/2 tablespoons of white wine vinegar and 1 tablespoon of sugar. Mix until smooth. Just before serving, stir in 1/4 cup chopped fresh dill. Season to taste with fresh ground pepper. Makes about 1 1/4 cups.

To Serve
Place fish, skin side down on a wooden serving board. Discard dill and onion. Garnish with remianing fresh dill and lemon wedges. With a sharp knife, cut fish into paper-thin slanted slices. Serve with crisp flat bread or pumpernickel bread and mustard sauce.

Notes

Once cured, gravlax keeps for several days. This curing method also works with other types of fish including lingcod, Pacific halibut, or tuna loin