

CHBC Demo Recipes

Salmon Gravlax

A (cure)

1 lb	raw sugar
2 lb	coarse sea salt
1 cup	fennel seeds
½ cup	black peppercorns

B (flavour builders)

To taste:	fresh dill
	fresh parsley
	fresh tarragon
	fresh curry powder
	lemon slices
	imagination

C (fish)

2 lb	fresh salmon side (pin bones out / skin on)
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- A.** Place salmon in appropriately sized shallow container. Firmly press 1/8 inch coating onto salmon. (You will not need all of the cure unless the fish is gargantuan. Reserve remaining cure for future use.)
- B.** Add desired flavour builders. Weigh down with a casserole dish and place in the fridge for 2 to 3 days. Drain off excess liquid during curing period.
- C.** Gravlax is done when it is firm to the touch. Rinse under cool running water. Slice and serve with capers and red onions, cream cheese and pumpernickel (or dark rye) bread.



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