



Inspired by Scandinavia

SALMON GRAVADLAX AND STEAMED ASPARAGUS

EQUIPMENT

CHEFS KNIFE, LARGE AND SMALL MIXING BOWL, PLASTIC STORAGE CONTAINER WITH LID, THIN BLADED KNIFE OR SALMON KNIFE, VEGETABLE PEELER, FINE GRATER

INGREDIENTS

1 X 200GM ATLANTIC SALMON FILLET, 250GM ROCK SALT, 100GM CASTER SUGAR, 1 LIME, 2 LEMONS, 50GM CRÈME FRAICHE, 10GM HORSERADISH, 3-4 SPRIGS DILL, 3-4 SPRIGS AND STEMS OF CORIANDER, SMALL JAR SALMON CAVIAR, LEMON INFUSED EXTRA VIRGIN OLIVE OIL, SALT FLAKES

METHOD

PLACE ROCK SALT, SUGAR, CHOPPED CORIANDER STEMS AND TWO SPRIGS OF TORN DILL IN A LARGE MIXING BOWL.

PEEL THE ZEST FROM 1 LEMON AND THE LIME AND FINELY SLICE THE ZEST AND ADD IT TO THE SALT MIX. SQUEEZE THE JUICE FROM THE PEELED LEMON AND LIME INTO THE SALT AND MIX ALL THE INGREDIENTS TOGETHER WELL.

TIP HALF OF THE CURE MIX INTO THE BOTTOM OF A CONTAINER AND PLACE THE SALMON FILLET ON TOP. TIP THE REMAINING SALT MIX ON THE TOP OF THE SALMON AND ENSURE ALL THE SURFACES ARE COVERED. PLACE THE LID ON THE CONTAINER AND PLACE THE CONTAINER INTO THE FRIDGE TO CURE FOR 8-12 HOURS.

ONCE CURED REMOVE THE SALMON FROM THE SALT MIX AND WASH THE SALMON UNDER COLD RUNNING WATER. PAT THE SALMON DRY ON PAPER TOWEL AND REMOVE THE SKIN.

USING A THIN BLADED KNIFE CUT THE SALMON INTO SLICES NOT THICKER THAN HALF A CENTIMETER.

REMOVE THE ENDS FROM THE ASPARAGUS AND SLICE EACH SPEAR IN HALF LENGTHWAYS. PLACE THE ASPARAGUS ON TO A PERFORATED TRAY AND INTO A PRE-HEATED OVEN STEAM SETTING 100° C FOR 5 MINUTES.

ZEST A LEMON AND SET THE ZEST ASIDE. IN A SMALL MIXING BOWL MIX TOGETHER HORSERADISH, CRÈME FRAICHE AND THE JUICE OF ½ A LEMON. FILL A SMALL PIPING BAG WITH THE HORSERADISH MIX AND SET ASIDE.

ONCE THE ASPARAGUS IS COOKED REMOVE IT FROM THE OVEN AND PAT IT DRY WITH PAPER TOWEL. ARRANGE THE ASPARAGUS ON A LARGE SERVING PLATTER AND SEASON WITH A LITTLE SALT.

LAY SLICES OF CURED SALMON OVER THE ASPARAGUS AND SPRINKLE OVER THE LEMON ZEST.

PIPE THE HORSERADISH CREAM OVER THE ENTIRE DISH AND PICK SPRIGS OF DILL AND CORIANDER. FINISH WITH SCATTERED MOUNDS OF SALMON CAVIAR AND A DRIZZLE OF LEMON INFUSED EXTRA VIRGIN OLIVE OIL AND SERVE.

HINTS & TIPS

- THIS IS A GREAT OPTION AS AN ENTRÉE FOR A DINNER PARTY AS MOST OF THE WORK IS IN THE TIME IT TAKES TO CURE THE SALMON.
- SERVING HOT AND COLD COMPONENTS OF A DISH TOGETHER IS JUST AS IMPORTANT AS COMPLEMENTING FLAVOURS IN ANY DISH.
- YOU CAN ACHIEVE THE SAME RESULT USING OCEAN TROUT. THE DIFFERENCE IS THE OCEAN TROUT WILL BE A LITTLE BRIGHTER IN COLOUR THAN THE SALMON BUT THE FLAVOUR AND TEXTURE IS ALMOST IDENTICAL.