



BEETROOT CURED SALMON *(yields one side of cured salmon)*

Recipe by KATHRYN JOEL

1 whole salmon fillet, skin on, trimmed, pin bones removed with fish tweezers
1 tbsp coriander seeds, roughly ground in a mortar and pestle (or crush with a mallet or heavy pan)
1/2 cup salt, we use Diamond Crystal Kosher salt
1/2 cup sugar, granulated
zest of 1 orange
zest of 1 lemon
2 cups grated beetroot
50 ml gin, or use vodka

generous handful dill, finely chopped
small handful tarragon, finely chopped (optional)

- Two days before serving, combine the crushed coriander seeds, salt, sugar, citrus zest, grated beetroot and gin in a bowl. Stir, allowing the beetroot to macerate in the salt and sugar.
- Arrange a large piece of plastic wrap on a sheet pan, then lay the salmon on the pan skin side. Cover the flesh side of the salmon with the beetroot mixture, then wrap the whole side up snugly in the plastic wrap.
- Lay a second sheet pan on top of the salmon, and place a heavy pot (a cast iron pan works well) on top to weigh the salmon down (the weight speeds up the curing process).
- Place the weighted salmon in your refrigerator for 24 hours.
- After 48 hours gently wipe off the beetroot cure and quickly rinse the salmon and pat it dry.
- Sprinkle the salmon with the chopped herbs.
- To serve, slice thinly.

EQUIPMENT

Mortar and pestle, a spice grinder or a rolling pin and a freezer bag

Plastic wrap

Mixing bowl

Measuring cup and spoon

Box grater

A knife and cutting board

Fish tweezers for removing pin bones (or you can use small electrical pliers, or a pair of eyebrow tweezers)

2 roasting pans or baking sheets sheets (long enough to fit a side of salmon)

Something to use as a weight to press the salmon (i.e. cast iron pan, a couple of cans of tomatoes, milk jug etc..)