



# CURED FISH

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# Jamie does Stockholm



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[youtu.be/nBnMshiQya0](https://youtu.be/nBnMshiQya0)

A photograph showing two pieces of cured salmon, likely lox, resting on a white plastic cutting board. The salmon has a vibrant orange-red color and a slightly glistening texture. The cutting board is placed on a dark wooden surface. A yellow banner with blue text is overlaid at the bottom of the image.

INITIATE CURING

SEL de MER  
SEA SALT

IODÉ/ IODIZED

Naturally White Sea Salt



La  
BALEINE

GROS  
COARSE CRYSTALS

ROGERS

REFINED IN CANADA SINCE 1890  
RAFFINÉ AU CANADA DEPUIS

*Natural • Naturel*

best brown sugar

cassonade foncée

EXTRACT WATER, REDUCE SALTY FLAVOUR



ADD FLAVOURING!

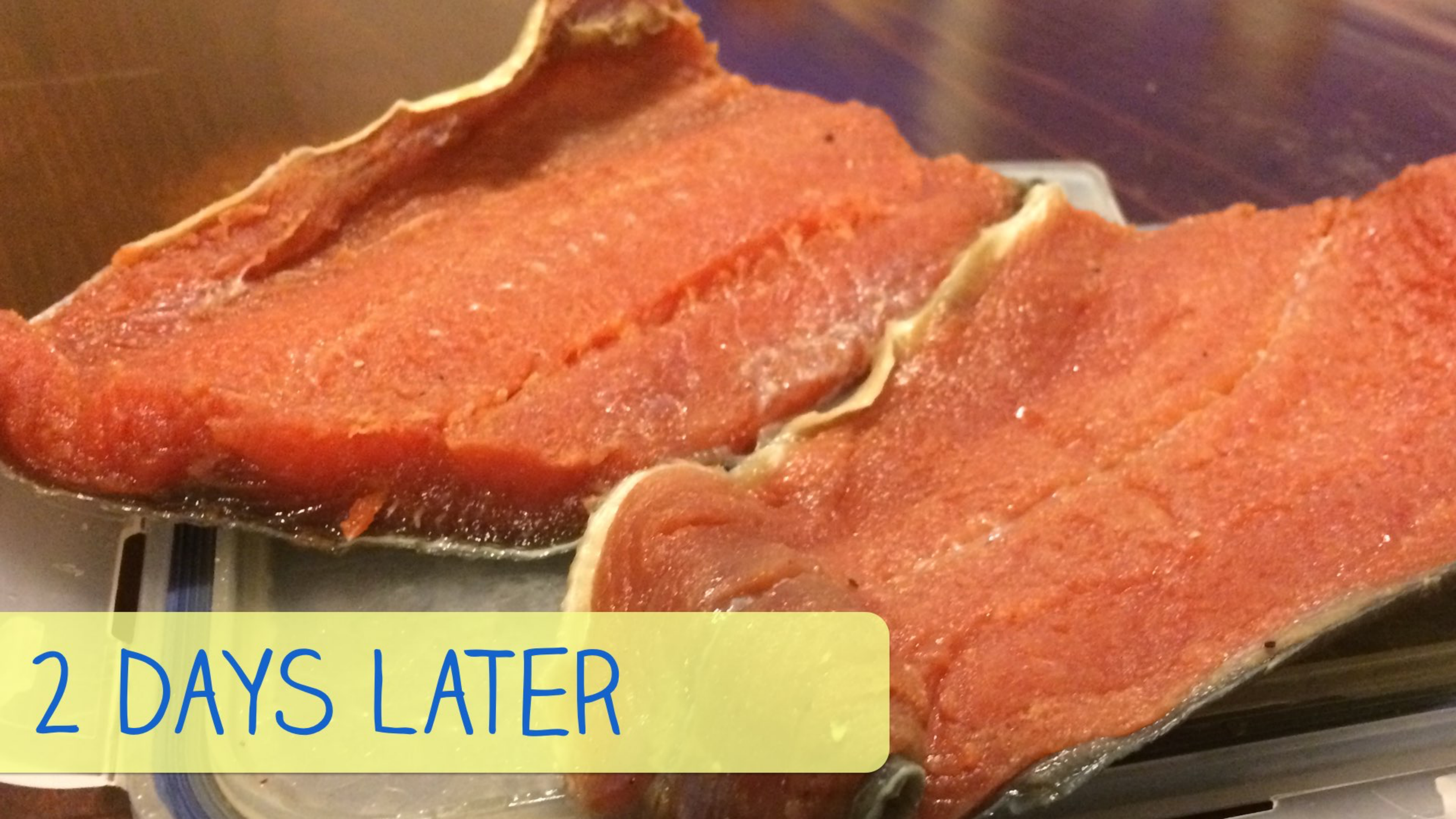




BRINE TIME!

A clear glass rectangular dish containing a whole fish, likely a salmon, with its back to the camera. The fish is covered in a thick layer of small, white, round eggs. To the left of the fish, there are several green, feathery herbs, possibly dill. The dish is set on a dark wooden surface. A yellow banner with blue text is overlaid at the bottom left.

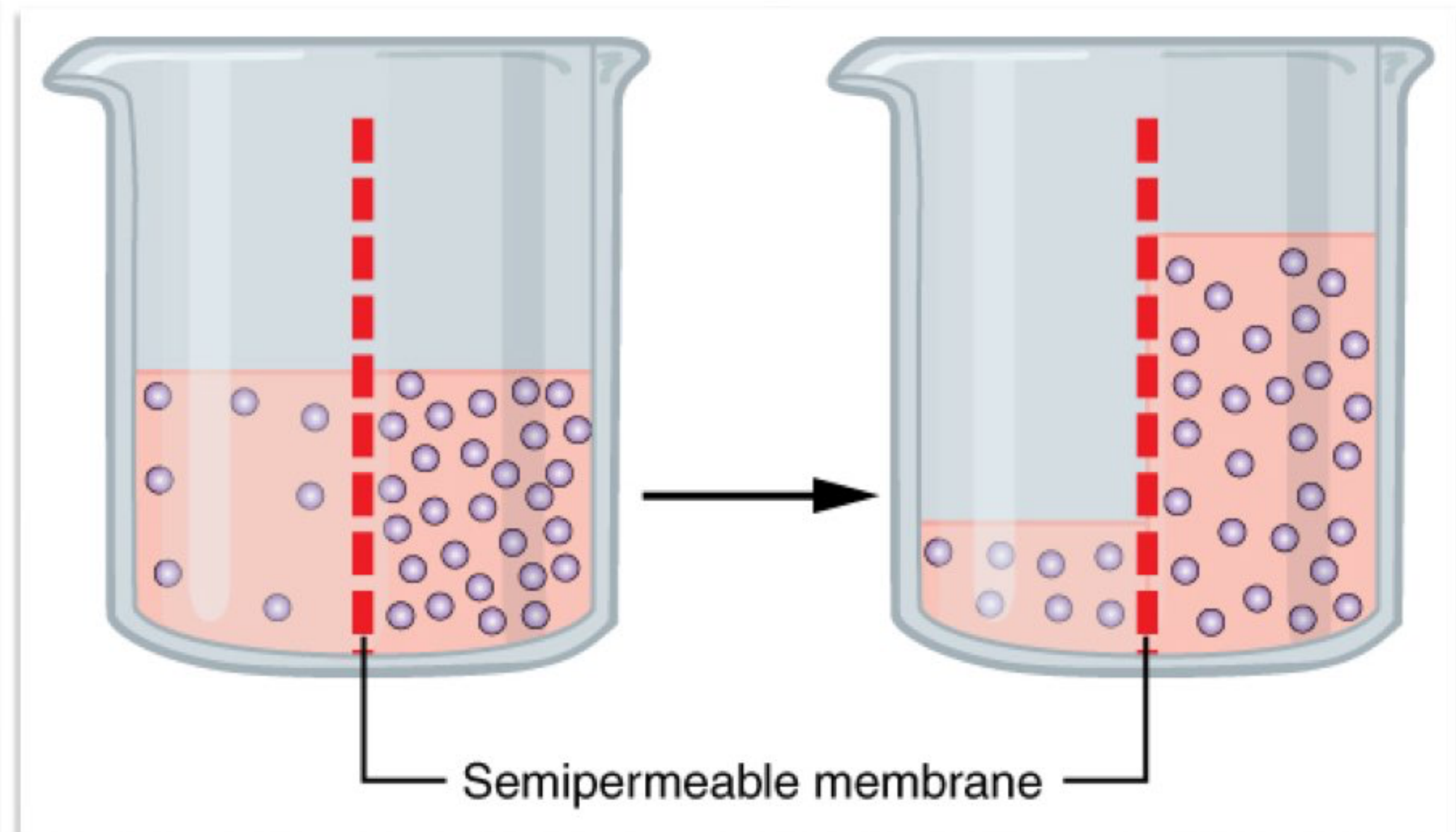
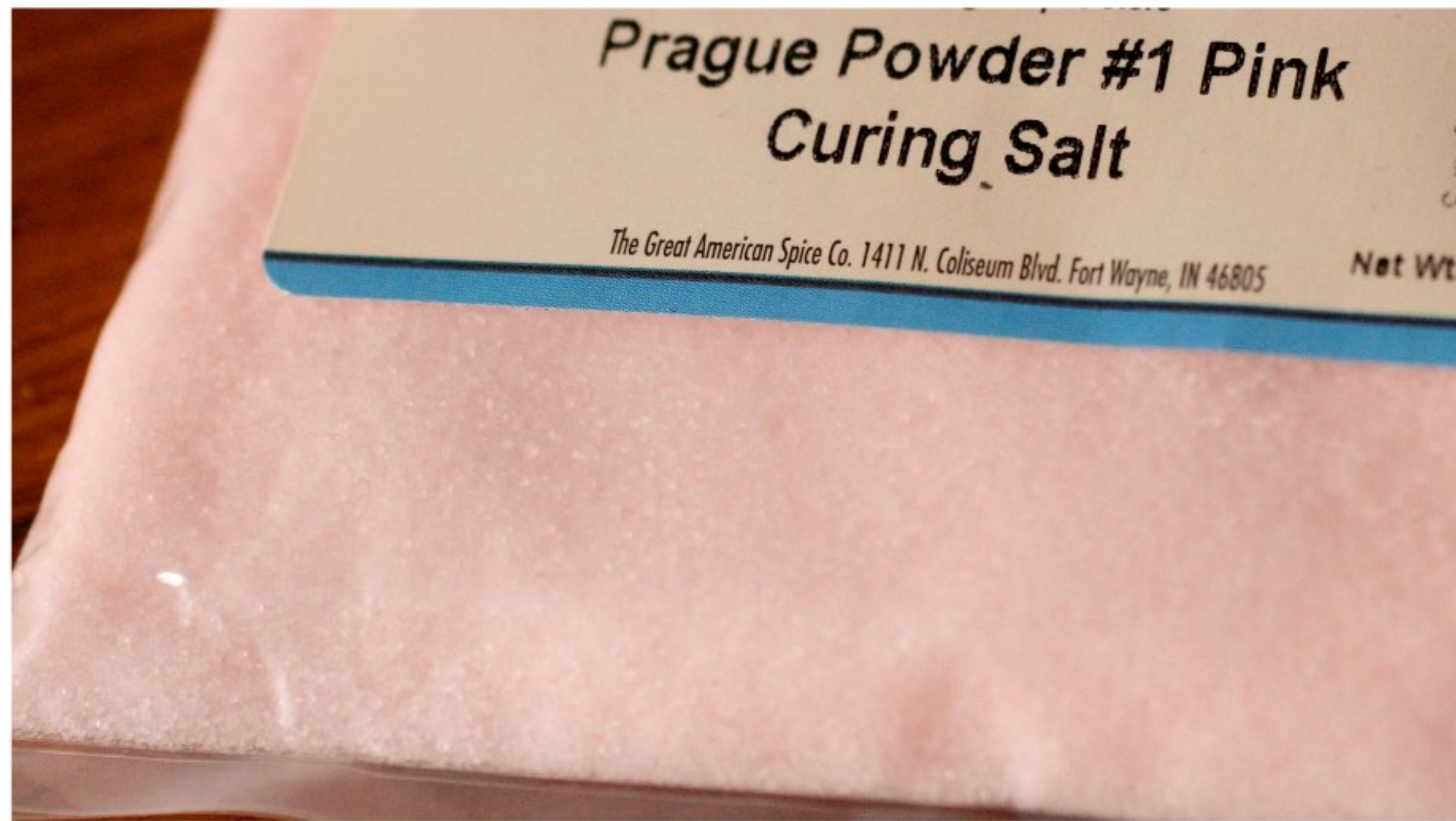
2 DAYS LATER



2 DAYS LATER



SLICE & ENJOY



## History [\[edit\]](#)

During the [Middle Ages](#), gravlax was made by fishermen, who salted the salmon and lightly [fermented](#) it by burying it in the sand above the high-tide line. The word *gravlax* comes from the [Scandinavian](#) word *grav*, which literally means "grave" (in Swedish, Norwegian, Danish), and *lax* (or *laks*), which means "salmon", thus gravlax means "buried salmon".

Today fermentation is no longer used in the production process. Instead the salmon is "buried" in a dry marinade of salt, sugar, and dill, and cured for a few days. As the salmon cures, by the action of [osmosis](#), the moisture turns the dry cure into a highly concentrated [brine](#), which can be used in Scandinavian cooking as part of a [sauce](#).<sup>[1]</sup> This same method of curing can be employed for any fatty fish, but salmon is the most commonly used.

Gravlax can be cured with salt, dill,<sup>[2]</sup> beetroot <sup>[3]</sup> and is often eaten on Rye Bread <sup>[4][5]</sup>



## STEP 2: PICKLING

### Health effects [\[edit\]](#)

It is rich in [tyramine](#) and thus should be avoided in the diet of people being treated with an antidepressant [monoamine oxidase inhibitor](#).<sup>[4]</sup>

Pickled herring is one of the best sources of natural vitamin D3, it is also an excellent source of selenium and vitamin B12. 100 gram may provide 680 IU of vitamin D or 170% of the DV, as well as 84% of the DV for selenium and 71% of the DV for vitamin B12. <sup>[5][6]</sup>



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# SMÖRGÅSBORD!

