



Eat Well. Live Well.

[www.AwareHouseChef.com](http://www.AwareHouseChef.com)

## CONTACT

Hellenic Restaurant:

631 477-0138

[www.TheHellenic.com](http://www.TheHellenic.com)

# Beet Cured Gravlax

Serves 4-6 people

1.5 lbs. Wild Caught Salmon Filet frozen at -4 deg F for 7 days.

½ bunch fresh dill, preferable organic

½ lb. Organic cooked beets

2.5 oz. Organic cane sugar

3 oz. Celtic Sea Salt

½ oz Organic Black Peppercorns

Thoroughly wash the dill and chop into large sections. In a food processor mince up the beets. Add the salt and sugar and pulse blend. Finally add the peppercorns and pulse chop them coarsely.

Transfer to a bowl and add the dill. Mix everything thoroughly. Add a little mix to the bottom of a Pyrex or ceramic container large enough to hold the salmon. Lay the salmon skin-side down onto the container. Coat the salmon with the remaining mix. Cover the salmon with plastic wrap. Place a non reactive plate on top of the salmon and weigh it down with a ½ gallon of milk or something heavy. Let cure in the refrigerator for three days.

Watch the video on YouTube:

<https://youtu.be/QPr5wUe1DOI>