



Swedish Gravlax

Serves
4-6

This Swedish Gravlax is a fresh, nutrient-packed dish that'll wow your taste buds!

Ingredients

- 1 lb skinless, boneless wild salmon fillet (check for pin bones)
- 1 quart filtered water
- 1 ½ Tbsp natural salt
- 1 Tbsp raw honey
- Juice from 2 organic lemons
- 2 Tbsp fresh, finely chopped dill
- 1 tsp coarsely ground black pepper
- *Opt:* Avocado, olive oil, or salad greens for serving

Tools

Deep glass Pyrex dish with cover

Directions

- Cut the salmon into ¼-inch thick slices and place them in a deep glass Pyrex dish.
- Sprinkle the dill and coarsely ground black pepper evenly over the salmon slices.
- In a bowl, dissolve the natural salt and raw honey in 1 quart of filtered water to make the brine, then stir in the lemon juice.
- Pour the brine over the salmon, ensuring the fish is fully submerged. Cover the dish with its lid.
- Let the salmon sit at room temperature for 1 ½ hours to brine.
- After brining, transfer the dish to the refrigerator to chill and let the flavors meld. It will keep for up to 2 days.
- When ready to serve, remove the salmon slices from the brine and pat dry. Serve as is, add to salads with avocado and a drizzle of olive oil, or enjoy straight from the dish. Savor the fresh, vibrant flavors!

Tips (The Wise & Wild Way)

- Make sure to use wild salmon for the best flavor and nutrient profile—farmed salmon often lacks nutrients and can contain dyes you don't want in your body.
- The gravlax keeps in the fridge for up to 2 days after brining; consume within this time.
- If you're new to raw fish, ensure your salmon is fresh and from a trusted source to avoid any concerns.

