

Before beginning, please keep in mind that we only recommend the following preparation for **cleanly sourced & properly handled salmon**. While a healthy and delicious way to enjoy your fish the curing process serves to *preserve* the meat; but does not *sanitize* the meat the same way cooking does.

## How to Prepare Fresh Salmon Crudo

Prep Time: 10-minutes (+24 Hours to Cure)

Cook Time: 5-minutes

Total Time: 15-minutes (+24 Hours to Cure)

Serves: Many

NOTE:

### Ingredients

#### For the Cured Salmon

- Salmon Filet(s)
- Kosher Salt
- Granulated Sugar
- Fresh Ginger Root (Chopped)
- Fennel Seeds

#### For the Garnish

- Cherry Tomatoes
- Micro-Arugula
- Lemon Infused Olive Oil

### Method

#### Curing Your Salmon

1. Line a 9x13 pan with plastic cling wrap. Enough to double over.  
(Over twice the length of the pan)
2. Press a light amount of fennel seeds into each side of your salmon.
3. Place your salmon fillets in the pan.
4. Coat one side of your salmon entirely with a thick layer of kosher salt.
5. Coat one side of your salmon with a layer of granulated sugar.
6. Finally, encrust one side of your salmon completely with your chopped ginger.
7. Pull your cling wrap tightly over your coatings sealing completely, then flip your salmon over to the other side – repeat steps 4-6 with the opposite side.
8. Place your cling wrap back over your fully coated salmon and get a large heavy object (we recommend another pan with items on top) to press weight consistently into the filet.
9. Place into a fridge and *allow to cure for **at least 24 hours***

#### Preparing Your Garnish

1. Slice tomatoes in half
2. Mix together greens (Micro-Arugula) and Lemon Infused Olive oil in a separate bowl

Serve

Thinly slice your cured salmon on a diagonal plane; plating as you see fit.

Place your tossed greens in a neat pile in the center of the dish.

Spread your sliced cherry tomatoes across the plate.

Drizzle with a bit of your lemon infused olive oil and serve fresh & chilled!