



# Recipe



by MELISSA FROHLOFF

## Cured salmon with dill

### Ingredients

- 1kg side Tasmanian salmon
- 4 tbsp caster sugar (super fine)
- 1 large bunch dill (roughly chopped)
- 2 1/2 cups rock salt
- 2 tbsp white ground pepper

### Method

1. Remove pin bones from salmon, trim excess fat from fillet.
2. Combine salt, sugar, dill and ground pepper in a large mixing bowl and stir.
3. Lay a double film of cling wrap 10cm longer than the salmon fillet on the benchtop.
4. Place half the salt mixture on the centre of the cling wrap.
5. Place salmon fillet on the

salt mixture, making sure the entire underside of the fillet is covered in salt.

6. Rub the top of the fillet with the rest of the salt mix to cover the top side.
7. Firmly fold the edges of the wrap across the top of the salmon fillet.
8. Place a double layer of wrap on top of the fillet and firmly wrap the salted salmon.
9. Place the salmon on a baking tray and fit another tray on top.
10. Weigh down the salmon, placing heavy items on the top tray to press the salmon fillet.
11. Refrigerate for 24 hours.
12. Remove all salt and wipe clean with paper towel.
13. Thinly slice to serve.

### Cook's tip

The salmon will keep in the refrigerator for up to three days in a sealed container.