Prep Time:	30mins	
Cure Time:	2 days minimum	
Serves:	4 - 6	

BEET CURED SALMON

with Mandy Hall Masterchef 2019

BEET CURED SALMON

METHOD:

Make sure your fish has been pin boned, free from skin and trimmed as you would like.

Line a tray well with glad wrap and one sheet of baking paper, leave a great deal of overhang on each side for the glad wrap, you are going to use this to wrap the salmon so make sure there is enough. Ensure the tray is large enough to fit your piece of salmon.

In a small pan, toast all spices over a low heat until fragrant, allow to cool and then grind with a mortar and pestle or with a coffee grinder.

Wash and grate beetroot – it is not necessary to peel.

In a large bowl add salt, sugar, ground spices, lemon zest & grated beetroot, mix well.

Place salmon on the tray, have another sheet of baking paper and roll of clingwrap nearby. Place half of the beet and spice cure mixture onto the fish, pressing to make sure it adheres and coat evenly, flip the fish and coat the other side.

Place the second piece of baking paper on top of the fish, fold up the sides and wrap tightly in the clingwrap. Place a second tray or plate on top of the salmon to weigh it down. Place in the fridge for 2-5 days, turning once a day after 24 hours. Remove the salmon and wipe off all the cure, slice as thinly as you can and serve, return the rest to the fridge where it will keep for 3 days. (If you need more weight use cans, plates etc)

This is great on a cheeseboard, on bagels/rolls with onion and cream cheese, with crusty bread and chive dip.

INGREDIENTS:

500g piece of salmon fillet
1 tsp mustard seeds
1 tsp fennel seeds
1 tsp coriander seeds
3 juniper berries
½ cup sea salt
¼ cup sugar
1 lemon zested
1 medium beetroot grated

Pantry Items: sugar, sea salt