

(New Years 2012, Holidays at the Kellogg's, Jersey City in the 90's, original recipe copy below #31 Cookfile 1/28/93.)

Get two matching 1-1/2 lb. salmon filet head pieces, skin on, not scaled. Do not wash. Pat dry.

Buying: It is imperative that the fish be absolutely as fresh as possible. Choose Atlantic farm-raised salmon, the mildest, least expensive. Ask your supermarket fishmonger to get the salmon from the cooler. He'll bring out a styrofoam box of them. Select 2 similar filets and ask for two head pieces, including just the belly (decide by weight or size) so they match. (Fish tails, aft of the belly, are dry and thin. No good for gravlax).

Lay one filet, skin side down, on cutting board.

Lay second filet, skin side down, on overlapping sheet of Saran wrap placed on Pyrex baking dish 9x14x3in.

Examine the fish for small, opaque pin bones, feeling down along the middle line and along the outer edges of the fillet. Remove any bones with tweezers or needle-nosed pliers. (I skip this step as bones never found in modern filet manufacture.)

Prepare 3T salt and 3T sugar mixture. Apply evenly to both filets.

(Optional) Sprinkle scant teaspoon dill seed on each filet.

Spread 1 good-size bunch dill (not washed, roughly chopped, stems and all) over one filet on baking dish.

Sandwich the fillets together, head to head. Cover with overlapping saran wrap. It will look like you have a huge raw fish-and-dill sandwich!

Place a matching Pyrex baking dish or other plate on fish sandwich with something that weighs about a pound -- an old brick is best. Allow fish to marinate at room temperature until the sugar-salt mixture has melted into the fillet (about 6 hours. Skip this step entirely if you are making your gravlax in hot weather). Refrigerate.

Every 6-12 hours, turn the fish "sandwich" over (so bottom side is up, and vice versa) in the brining liquid that has accumulated in the bottom of the pan, effectively basting fish with accumulated juices to ensure that all parts are evenly marinated.

On the third day (or after up to a week), when the flesh will appear clear and translucent, remove the gravlax from the refrigerator. Scrape off most of the dill; pat dry with paper towels. Slice thin with filet knife as you would smoked salmon -- on the bias and without the skin.

Serve on thin sliced buttered Scandinavian (or German or Polish) dark rye bread with sweet dill mustard sauce.

Serve with Akvavit (Aqvavit), Okovita or best Russian vodka.

Keep in fridge. Freezes well.

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Sweet Dill Mustard Sauce

8T Maille French Traditional Dijon Mustard (imported from Canada is OK). Use no other "Dijon" or other mustard.

3T honey

2 T red wine vinegar

2/3 cup canola oil

1/2 cup finely chopped fresh dill

Mix together the mustard, honey and vinegar. Slowly whisk in canola oil until well incorporated into a smooth sauce. Taste and adjust for sweetness. Stir in 1T chopped dill. Refrigerate. Will keep in the fridge indefinitely.

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'Jersey City' GRAVLAX original recipe 1/28/93 with Bill Kellogg, SILVER PALATE COOKBOOK

3 lbs.(+) fresh salmon fileted (or find 2 matching filet pieces) [7 lbs. maximum]

2 bunches dill, 1/4c coarse salt, 1/4c sugar, 2T white pepper [Increase by 1/2 for large fish.]

Arrange fish in glass/porcelain bowl with ingredients (dill sandwiched between fish) & cover with weighted plate 3-4 days, saran wrap & turn once each day.

Serve w/Dill Mustard Sauce & Pumpernickel Bread

Mustard Sauce: 4T Dijon mustard, 1t dry mustard, 3T sugar, 2T white vinegar:Combine in bowl. Add dropwise light veg oil until thick(1/3c). Stir in bunch chopped dill. Refrigerate.

NOTE: 12/18/97 made for the LAST Thanksgiving at Darlene with poor Joe-7 lbs fileted ,kept over 2 weeks, still fine!

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From Wikky: Gravlax or gravad lax (Swedish), gravad laks (Danish), gravlaks (Norwegian, Danish), graavilohi (Finnish), graavilõhe (Estonian), graflax (Icelandic) is a Nordic dish consisting of raw salmon, cured in salt, sugar, and dill. Gravlax is usually served as an appetizer, sliced thinly and accompanied by hovmästarsås (also known as gravlaxsås), a dill and mustard sauce, either on bread of some kind, or with boiled potatoes. In early times, gravlax was made by fishermen, who salted the salmon and lightly fermented it by burying it in the sand above the high-tide line. The word gravlax comes from the Scandinavian word grav, which literally means "grave" or "to dig" (in Swedish, Norwegian, Danish, Dutch and Estonian), and lax (or laks), which means "salmon", thus gravlax means "buried salmon". Today fermentation is no longer used. Instead the salmon is "buried" in a dry marinade of salt, sugar, and dill, and cured for a few days. As the salmon cures, by the action of osmosis, the moisture turns the dry cure into a highly concentrated brine. Commercially prepared supermarket "gravlax" is smoked, same as smoked salmon with a bit of dill on it for looks. This stuff is NOT gravlax.