

Tickle your tastebuds with feel-good recipes from Dr. Olivier Courtin that help promote beautiful skin.

MY GRAVLAX OF SALMON WITH SEAWEED

RECIPE

THE GRAVLAX

Mix together the sugar and salt, crushed pepper and pink peppercorns. Add the dill leaves.

Line a platter with cling film, put half the preparation on it, then the fish filet (skin side down). Spread the rest of the ingredients evenly over the flesh side.

Seal with cling film and put a weight on top to press down the fish.

Place in the refrigerator for 12 hours, then empty the excess liquid in the platter.

Do the same 3 times every 12 hours and always put the platter back in the refrigerator.

The gravlax is ready after 48 hours. Remove the excess dill and salt by gently rinsing the salmon filet under running water. Wipe the fish with a clean tea towel then cut the fish in 1/4-inch (5 cm) slices.

THE SAUCE

Rapidly rinse the seaweed under cold water, drain it, chop it, add a drizzle of olive oil and the lemon juice. Mix it with a yogurt.



FOR 4 people
PREPARATION 20 minutes
RESTING TIME 48 hours

FOR THE GRAVLAX

- 4 salmon filets with the skin (about 2¹/₂ lbs. [1.2 kg] of salmon with the skin)
- 9 oz. (300 g) sugar
- 9 oz. (300 g) salt
- 1 tsp. crushed pepper
- 21 tsp. pink peppercorns
- 2 bunches dill, washed, leaves removed from the stems

FOR THE SAUCE

- 4 oz. (120 g) fresh seaweed (wakame or sea lettuce)
- Olive oil
- Juice of 1 lemon
- 1 plain yogurt