

SALMON GRAVLAX AND CURIOSITIES



Gravlax salmon is cured with salt, sugar and spices and is a dish originating from the Nordic countries and can be translated literally as buried salmon, as Gravad is pit and lax is salmon in the Nordic languages.

The spelling takes on small name variations for each region, so Gravad lax in Swedish, Graved laks in Danish, Gravlaks in Norwegian, Graavilohi in Finnish and Graflax in Icelandic

The origin of the gravlax salmon origin is very old and probably started during the eighth century as it is a conservation technique used by fishermen from the fjords of the Scandinavian peninsula and who buried the salmon in the coves of salt-frozen sands to ferment for a year. The sands were systematically covered by salt water at high tide.

One thousand two hundred years later Gravlax became one of the most acclaimed dishes on the menu of reputable restaurants.

Currently it is not made fermented but cured and Gravlax's basic cure allows for many variations, but dill and some strong distillate such as vodka or cannot be lacking and the curing time can also vary but at least four days.

It is usually served thinly sliced over black bread with mustard sauce.