

Curing Salmon

1 lb of fresh wild-caught Salmon

1 cup of Kosher salt (larger grain absorbs slower)

1 cup sugar

1 tbsp of herb of choice-Rosemary, Thyme, Juniper berries, Fennel seeds, or any herb, spice of choice. (I used Douglas Fir tips crushed)

citrus zest (optional)

1. Mix all ingredients.
2. Line a rimmed baking sheet with foil and spread half of your salt-sugar mixture onto the pan. Place the fillet, skin side down on the mixture. Top the fillet with the remaining mixture, pressing it onto all sides so that the fish is completely coated.
3. Curl up the edges of the foil so that the fish is completely enclosed. Wrap the entire pan with additional plastic wrap if there are any openings. Place something flat, like a sheet pan or cutting board, on top of the salmon and then weigh this down with cans or a Dutch oven. The pressure will help your curing mixture penetrate the flesh of the fish. Carve out a space for this little set-up in your fridge and let it rest for at least 12 hours.
4. After 12 hours, remove the weights and carefully flip the fish over. Place the weights back to the top of the fish and return to the fridge for another 12 hours. By the time you've reached 24 hours, you can certainly enjoy your cured fish — but you can also opt to cure for 36, 48, or 72 total hours. The longer you cure the fish, the more time the fish will have to absorb the salt-sugar mixture.