

# City of Maple Ridge's **LET'S COOK!** FOOD PHOTO CONTEST



## HUMBLE ROOTS **BEET CURED SALMON GRAVLAX BAGEL & HERBED CREAM CHEESE**

### DESCRIPTION

This fantastic dish is a great way to enjoy the warmer weather. There are no elements that lack flavor, and it is the perfect way to enjoy a delicious meal, all while having the energy to hit the beach with out the feeling of eating a full course meal.

### INGREDIENTS

#### BEET CURED SALMON GRAVLAX

- Spice - Peppercorn, Pink - 25g
- Spice - Mustard, Seeds - 25g
- Spice - Fennel Seed, whole - 25g
- Spice - Coriander Seed, whole - 25g
- Spice - Juniper Berry - 50g
- Spice - Salt, Fine sea - 500g
- Sugar - Fine - 400g
- Lemon Zest - 3 Lemons
- Salmon - Kuterra - 1kg
- Beets - Red - 500g
- Ginger - Fresh - 1 thumb

#### HERBED CREAM CHEESE

- Cheese - Cream, Spreadable - 1kg
- Herb - Dill - 50g
- Herb - Parsley, Curley - 1 bunch
- Herb - Rosemary - 25g
- Prep - Roast Garlic - 20g

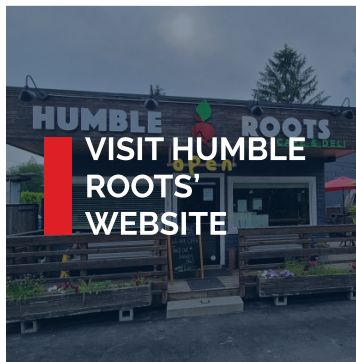
#### BEET GRAVLAX AND CREAM CHEESE BAGEL

- Beet Cured Gravlax - 50g
- Herbed Cream Cheese - 50g
- Bagel - 1
- Red Onion - 5g
- Chives - 1g

### INSTRUCTIONS PROVIDED ON NEXT PAGE



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# INSTRUCTIONS

## BEET CURED SALMON GRAVLAX

- Place Peppercorns, Juniper berry, Mustard, Fennel, and Coriander Seeds in a pan. Over Medium – High heat toast until golden brown and aromatic. Transfer to bowl and let cool.
- Place Salt, Sugar and Lemon Zest in a bowl.
- Once cooled transfer seed mixture to either a mortar and pestle OR a spice grinder. Grind mixture until fine powder. Transfer into Salt mixture bowl. Mix until everything is well incorporated.
- Grate the beet(s) Using a cheese grater, peel the ginger and using a micro plane or small grater, grate the ginger, mix, and set aside.
- Lay Cling Wrap out to be 1.5 times the length of the salmon Fillet. Place  $\frac{1}{4}$  of the beet on the cling wrap in the shape of the salmon Fillet. Then place  $\frac{1}{4}$  of the salt mixture on top of the beet.
- Lay your salmon Fillet skin side down on top of your beet/salt on the cling wrap. Cover the remainder of the salmon with the remainder of the salt. Followed by the remainder of the beet.
- Wrap tightly with cling wrap and place in a container. If possible, place added weight on top of the salmon to help form its shape and draw out the moisture.
- Refrigerate for 48 hours. Flipping your fillet after the 24-Hour mark.
- Remove from wrap. Rinse off the beet and salt mixtures and you should be left with a vibrant pinkish/reddish salmon. Place skin side down and slice thinly. Serve immediately or refrigerate for up to 3 days.

## HERBED CREAM CHEESE

- Pick dill, rosemary, and parsley from stems. Chop very fine and place in Stand mixer with paddle attachment.
- Add Roasted Garlic and Spreadable Cream cheese. Mix Until Incorporated.
- Serve Immediately or store in fridge for two weeks.

## BEET GRAVLAX AND CREAM CHEESE BAGEL

- Toast Bagel to desired Crisp
- Spread Cream Cheese across bagel
- Arrange Salmon on bagel.
- Finish with Small Diced Red onion and whole chives as garnish. Serve with Hash browns, Fruit, Salad, or other choice of side.



MAPLE RIDGE

British Columbia

[mapleridge.ca/1744](http://mapleridge.ca/1744)