FRENCH · SNACK

Jacques Pépin's Instant Salmon Gravlax (Salt and Pepper Only)

10 min · plus 2–3 hours in the fridge | Serves 2 | 83 kcal a serve | Video 3:59 · KQED

Carnivore | Pescatarian | Paleo | Gluten-free ingredients | No dairy listed | No nuts listed

Salt on the plate and on top cures thin slices of raw salmon in a few hours — no sugar, dill or cooking. A small serve is a light starter of about 80 kcal with over half a day's omega-3 fats, nearly half a day's vitamin B12 and a fifth of the day's vitamin D.

Diet notes: Low carb (0.1 g net carbs) but not keto: 54% of the energy is from fat, and keto meals get about 60% or more.

Scan for the video, full nutrition and more free recipes

Ingredients 3 · SERVES 2

- [ ] **Salmon**: 100 g very fresh salmon fillet or belly — 40–60 g per person
- [ ] **salt**, a generous sprinkle under and over the fish
- [ ] **freshly ground black pepper**, under and over the fish

Amounts in metric units, converted from the cook's and rounded — the video has the originals.

Allergens found in the listed ingredients: Fish. Worked out from the ingredient list, not tested. Stock, sauces, spice mixes and other packaged foods can contain allergens, so always read the labels on what you buy. If you have a food allergy, don't rely on this.

Method TIMES = THE MOMENT IN THE VIDEO

1. Slice the salmon as thinly as you can; the belly is the fattiest and best part. Allow 40–60 g per person. 0:16
2. Sprinkle a generous layer of salt and some pepper over each serving plate. Lay the salmon slices on top in a single layer and season the top with more salt and pepper. 0:53
3. Cover each plate with plastic wrap (they can be stacked) and refrigerate for 2–3 hours, or up to a day ahead. 1:39
4. Just before serving, add any garnish you like and serve cold. Serve lemon on the side rather than squeezed over — the juice 'cooks' the fish. 1:56

> **Tip** Use very fresh, sashimi-grade (previously frozen) salmon. Jacques garnishes with capers, sweet onion, scallion greens, basil and a drizzle of olive oil, with black bread (not counted) — leave them off for carnivore.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 2 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
83 kcal	**8.9 g**	**0.1 g**	**0.1 g**	**5 g**	**410 mg**
350 kJ	18% of a day	0.1 g net · 0 g sugars	0% of a day	1 g saturated	18% of a day
		0% of a day		6% of a day	

Energy from net carbs 0% · protein 44% · fat 56% — very low carb (under 10% of the energy from carbs)

High in (20%+ of a day) Omega-3 58% · Vitamin B12 47% · Selenium 30% · Vitamin D 22%

Source of (10–19%) Vitamin B6 14% · Vitamin E 10%

Recipe and video: KQED (@kqed) on YouTube — youtube.com/watch?v=wyuQ6sM1w3w, published 11 February 2021. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/jacques-pepin-instant-salmon-gravlax