



KCAL\*  
321

#### NUTRITIONAL INFORMATION (by ration)

10,9	Protein
43,6	Carbs
11,4	Total fat
1,8	Saturated fat
5,5	Monounsaturated fat
2,2	Polyunsaturated fat
25,3	Cholesterol
0,16	Fiber
16,7	Sodium

#### ALLERGENS fish

\* Kcal by ration



24 h



15 PAX



GLUTEN FREE



## MARINATED SALMON

PONS

USE:



**PONS CULINARY  
WILD FENNEL**  
EVOO with Wild  
Fennel



**PONS CITRIC  
WITH ORANGE**  
EVOO with Orange



**PONS CITRIC  
WITH LEMON**  
EVOO with Lemon



**PONS NONNO  
VINEGAR**  
IGP Balsamic Vinegar

PAIR:



**JAN BLANC**  
White wine



**SISQUELLA**  
White wine

#### INGREDIENTS

- 1 Salmon fillet of 1kg with skin
- 650 g** Coarse salt
- 650 g** Sugar
- A sprig fresh dill
- Some pink pepper berries
- Grated zest ½ orange
- Grated zest ½ lemon
- Pons Culinary Wild Fennel

#### ELABORATION

- With a pair of tweezers, remove the bones from the top of the loin (they are easy to find, by running a finger over the meat towards the tail).
- Crush the pink pepper berries in a mortar.
- Cut the dill very thinly with a knife.
- Very thinly grate the zest of the half lemon and the half orange using a Microplane (avoiding the pith).
- Mix sugar and salt in equal parts.
- To this mixture add the pink pepper and the chopped dill and the grated orange and lemon zest.
- Stir well until all the ingredients are mixed.
- Place a third of the mixture (salt, sugar and spices) on a baking tray covering the entire base.
- Place the two salmon slices (side by side) on top of the mixture on the tray with the skin facing down.
- Cover the salmon with the rest of the mixture (salt, sugar and spices) and, cover with cling film and leave in the fridge. ❄️
- After 6 hours turn the narrow part and after 9 hours the wider part, placing them on the tray as before with the mixture of salt, sugar and spices below and above. Leave them to continue marinating in the fridge. ❄️
- The narrow part will be marinated in 12 hours and the wider part in 18 hours. ❄️
- Once the pieces are marinated, wash them with water and dry them by dabbing with a cloth.
- Cut 2 mm fillets with a very sharp knife.
- Place the salmon slices at the bottom of a plate and season them with the Pons Culinary Wild Fennel or any of our Pons Citric Orange or Lemon.
- It can be dressed with a few drops of our Pons Nonno balsamic vinegar.
- It can also be garnished with fresh mustard buds.

#### UTENSILS



Bowl



Tweezers



Tray



Salmon  
knife

#### OBSERVATIONS

To avoid the anisakis parasite, we have to freeze the salmon before using it in this recipe.

❄️ Freezing ❄️ Refrigeration ❄️ Fresh