



Asian American Heritage

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Ingredients

- 2 sides of salmon
- 1 cup brown sugar
- 1 cup kosher salt
- 1 lemon
- 2 teaspoons finely chopped garlic
- 1 handful coarsely chopped dill
- 1 cup Jasmine Green Tea leaves
- Fresh ground pepper

Cynthia Gold of The Boston Park Plaza Hotel has traveled the globe to learn about tea – how it is grown, harvested, and finished. She is one of just a handful of tea sommeliers in the world, and her expertise includes not just the art of drinking tea, but also cooking with it. Here is one of her recipes.



Jasmine Tea-Cured Gravlax

Check salmon for stray bones, rinse and pat dry. Blend brown sugar with kosher salt and put aside.

Spread a large piece of plastic wrap on table. Lay sides of salmon out on the plastic wrap. Spread garlic evenly over both front and back of both filets of salmon. If the salmon still has its skin on, then spread the garlic on the inside, skinless sides only.

Liberalily grind black pepper and squeeze the lemon over each side of both filets. Take 1/3 of the salt and sugar mixture and spread it out on the plastic wrap to be roughly the size and shape of the salmon sides. Place one side on the sugar/salt mixture, skin side down. On the inside of the salmon that should now be facing up, heavily sprinkle half the chopped dill and half of the tea. Spread another third of the salt/sugar mixture over the tea. Sprinkle the remaining tea and herbs over the salt. Place the second side of the salmon over the herbs and salt, sandwiching it in, skin side out, and press together gently but firmly. Spread the remaining 1/3 of the salt/sugar mixture over the back of the top filet.

Bring plastic wrap up around salmon to wrap it very well. Place in a hotel pan. Place a 2nd hotel pan into the first pan so that it presses down on the fish. Place weights in the 2nd pan. A couple of #10 cans should work well. Refrigerate. Turn fish roughly every 12 hours and check for doneness. You are looking for it to become firmer and take on a translucent look. Depending on the thickness of the filets, it should take somewhere between 24 and 48 hours to cure.