

CURED
SALMON WITH EGG & AVOCADO ON A BAGEL

This is a lighter curing blend and results in a moist, creamy texture, not as firm as a cure that uses a higher quantity of salt and sugar. You can experiment with salt and sugar ratios, curing times, and flavorings, too. I often add a pinch of powdered ginger to enhance the cure. Don't be shy when it comes to trying new things.

SERVES 4 ✳ CURE TIME: 24 HOURS

2 tablespoons granulated sugar

1 tablespoon kosher salt, plus more to taste

½ teaspoon ginger powder

One 12-ounce skin-on, boneless loin-cut salmon fillet

2 ripe avocados, halved and pitted

Juice of 1 lime

1 tablespoon minced flat-leaf parsley leaves

Freshly ground black pepper

8 large eggs

¼ cup extra-virgin olive oil

4 everything or plain bagels, halved and toasted

4 sprigs dill for garnish

1 teaspoon thinly sliced fresh chives for garnish

1. In a small bowl, combine the sugar, 1 tablespoon salt, and ginger. Place the salmon in a glass baking dish and season liberally with the cure. Cover the dish with plastic wrap and refrigerate for 24 hours.

2. Once cured, unwrap the salmon and rinse under ice-cold running water to remove the cure; pat dry with paper towels. Using a very sharp knife, thinly slice the salmon against the grain on an angle; you will need 16 to 24 slices. Place the slices on a plate as you go. Slice the entire fillet. (Cover any leftover salmon slices in plastic wrap and store in the refrigerator for 3 to 4 days.)

3. Gently scoop the avocado flesh into a medium bowl. Add the lime juice and parsley. Mash with a fork until mostly smooth with some chunks. Season the smashed avocado with salt and pepper and set aside.

4. Crack the eggs into a large bowl and beat until smooth. Heat the olive oil in a nonstick pan over medium-high heat. Add the eggs and cook, stirring gently, until firm. Season with salt and pepper.

5. Assemble the dish by dividing the avocado mixture on the toasted bagel halves, followed by the egg. Finish by topping each with 2 or 3 slices of salmon. Garnish with fresh dill and chives, and serve.

JAMES GRIFFIN

The Complete Guide to SALMON

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A CULINARY COMPANION FOR AMERICA'S FAVORITE FISH

JAMES E. GRIFFIN

FOREWORD BY JOE GURRERA

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