



---

## Fresh Salmon Salad

### INGREDIENTS:

Fresh salmon

Lemon juice

Peppercorns

Bay leaf

Salt and pepper

### For marinade:

1 cup sugar

1 cup wine vinegar



### **METHOD:**

Dissolve the sugar in 1 cup of boiling water, add the wine vinegar and leave to cool.



Add salmon to seasoned water, bring to the boil and simmer for 5 minutes.

When cool, drain and skin the fillets and add to the cooled marinade. Leave overnight.

Remove the fish from the marinade, drain, flake and add mayonnaise and lemon juice to taste.

You can either serve the fish on a bed of your favourite salad, or chop salad ingredients into the salmon with the addition of olives, pickled cucumber, fresh peppers etc.

This dish goes well with any kind of cooked potato.

**Date Uploaded:** Tuesday 28th February 2017

---

**Source URL:** <https://www.kosher.org.uk/article/fresh-salmon-salad>