

How to
BRINE A FISH



YIELD

1.1 kg | 4¼ cups of brine for 600 g/1.3 lb of fish

TIME

Up to 12 ¼ hours | 10 min prep | 5-12 hours unattended

STORAGE

Brine keeps indefinitely before use;
cook brined fish immediately

STEP 1

WATER | 1 kg | 1L 4¼ cups

SALT | 50 g | 1L 4½ Tbsp

SUGAR | 40 g | 3½ Tbsp

Stir together until salt and sugar are completely dissolved.

STEP 2

FISH, CUT PORTIONS | 600 g/1.3 lb

Soak in the brine for 5 hours for delicate seasoning or for up to 12 hours for a firmer, more intense flavor. Use the longer brining time when making cold fish dishes.

TIPS

Warm water dissolves the salt and sugar more quickly. Allow warm brine to cool completely before adding it to the fish.

If you have time, decrease the salt to 20 g and the sugar to 15 g, and brine the fish for 24 hours—the effect is even gentler.

Brined fish should be cooked immediately.

Brining prevents the albumin in salmon from leaching to the surface and masking the beautiful orange-red pigment with an opaque whitish color.

*Recipe and tips provided by
Modernist Cuisine*



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