# Salmon Dill Lemon Supper Mold

One small salmon-dill mold, about 3¼ cups (780 ml); 4 modest cold fish-course portions · Active 30 min · Total 10 hr

## Ingredients

- Unflavored powdered gelatin, 12 g (one standard 7 g envelope plus 5 g weighed from another), of specified setting strength
- ¼ cup cold drinking water (60 ml)
- ¾ cup pasteurized whole milk (180 ml)
- 1 cup thick plain pasteurized Greek-style yogurt (240 g), kept cold
- 8½ oz ready-to-eat canned salmon (240 g drained and checked), kept cold
- 1 tablespoon plus 1 teaspoon lemon juice (20 ml)
- 2 tablespoons finely chopped washed dill (4 g)
- ⅛ teaspoon fine salt (0.75 g), or omit if fish is salty
- ⅛ teaspoon black pepper
- ¼ teaspoon neutral oil (1.25 ml), for wiping mold

## Set out

Sieve, Fork and clean plate for checking salmon, Small saucepan, Mixing bowl and whisk, Scale and measuring jug, Metal mold of at least 1-liter capacity, Paper towel, Food thermometer, Cold platter, Refrigerator

## Allergens

Fish (salmon), Milk. Check labels and substitutions.

## Make it

**1.** Check mold capacity, dry and oil lightly. Drain canned salmon, check for hard fragments and flake into small pieces; weigh 240 g after any skin or bone removal. Keep cold. Bloom gelatin in 60 ml cold water in the saucepan 5–10 minutes.

**2.** Add milk and heat gently while stirring until gelatin fully dissolves, about 120–140°F (50–60°C). Remove from heat before boiling. Whisk 3 tablespoons yogurt into the warm base gradually. Once smooth and merely lukewarm, whisk into the remaining cold yogurt with lemon, dill, salt and pepper.

**3.** Refrigerate 15–25 minutes until lightly thickened, stirring gently. Fold in cold salmon flakes. Spoon into mold with at least ½ inch (1.25 cm) headroom; put excess in a separate small refrigerator cup.

**4.** Cover and refrigerate at 40°F (4°C) or below at least 8 hours until fully set. Allow 10 hours total including draining and preliminary chilling; the fish was already fully cooked and ready to eat.

**5.** For unmolding, set a cold plate beside the refrigerator. Dip only the outside of the metal mold in warm, not hot, water, about 100°F (38°C), for 5–8 seconds without letting water touch food. Dry the outside, loosen just the upper edge with a clean fingertip and invert onto the plate. If stuck, repeat a brief dip rather than shaking violently. Refrigerate again immediately if not serving now. Divide into 4 modest cold fish-course portions and serve promptly.

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## Gelatin starting strength

Use food-grade unflavored powdered gelatin with a manufacturer benchmark of 7 g for about 2 cups (500 ml) plain liquid. Weigh the stated grams: envelope sizes and powder density vary. A flavored dessert packet, collagen peptides, sheet gelatin or agar is not an equal substitute.

## Cold service

This is an original retro-inspired recipe, not a recovered 1960s formula. Gelatin is animal-derived; the vegetable ingredients do not make the dish vegetarian. A reliable refrigerator and the stated earlier ingredient deadlines are essential.

## Ingredient labels

Check yogurt, salmon, milk and gelatin labels for other ingredients.

## A useful detail

The gel matrix contains 60 ml water +180 ml milk +20 ml lemon +240 g thick yogurt, then 240 g drained fish. Twelve grams gelatin supports the moist fish mixture. This is not a method for raw salmon or a reheat-required canned product.

## Keep it well

Keep covered at 40°F (4°C) or below and use within 24 hours of final assembly or any earlier seafood/dairy/opening deadline, whichever comes first. The eight-hour set is included in that day. Keep cumulative unrefrigerated preparation/service below 2 hours, or 1 hour above 90°F (32°C); discard beyond it. Do not freeze or reset a seafood clock by making gelatin.