

## Chapter 1 : The Raw Truth About Lox – The Forward

*Locks & Cream Cheese is the first Paco and Molly mystery written by Rosemary and Larry Mild. Having read the second and third books in the series prior to this first offering, I can see how the relationship between Paco and Molly grows in the later books.*

Twitter This is the strange truth of the modern American brunch: They may ask for lox, the product may even be labeled as lox and they very well think they are enjoying lox, but what they are getting, instead, is smoked salmon. These days, sales of lox – salmon long-cured in a salt brine – compared to smoked salmon are astonishingly low. This is attested to by the smokehouses that process and sell cured salmon to supermarkets and bagel stores around the country. At Acme Smoked Fish in Williamsburg, Brooklyn, the largest smoked-fish house in the continental United States, the percentage is lower still; on average, Acme sells some 25, to 30, pounds of smoked salmon a week, while sales of lox might not exceed 1, pounds. The reason for this, quite simply, is changing American tastes. This is why smokehouses will commonly double-check a lox order, making sure that the customer really means lox, rather than the milder-tasting smoked salmon. This can be done by any one of several methods or a combination of methods, including pickling, smoking and salting. In salt curing, the fish is packed in salt or, alternatively, submerged in a salty brine. The salt kills potentially harmful bacteria and also absorbs the moisture in which bacteria grow, resulting in a product that can be safely preserved for long periods of time without refrigeration. In smoke curing, the fish is subjected to several hours of wood smoke, which deposits tarry substances on the surface of the fish. Like salting, the smoking process kills bacteria while also creating an impermeable seal on the fish that reduces exposure to air, which can cause rancidity in fats. This is especially useful for fattier foods bacon, for instance, or oily fish such as herring, but as a rule smoking is a less efficient preservation technique and is usually performed in conjunction with another curing method. Water, salt, wood, fire: The ingredients for curing fish are as elemental as the earth and the process nearly as old as civilization. In Europe, the earliest preserving was done with smoke; the remains of a fish-smoking station found along the River Bann in Ireland date to just about the same period – BCE – some 1, years before the salting of fish began to appear in Western Europe. Exactly when Jews first began to cure fish is not known for certain; the place of origin was likely medieval Germany, where the curing of fish had long been practiced. With the eastward migration of the late Middle Ages, the Jews carried their techniques for smoking and salting fish to Eastern Europe. There, as elsewhere around the world, Jews were prodigious fish-eaters. Fish is considered pareve and so can be eaten with either meat or dairy products; smoked and salted fish was especially popular, because it was not cooked and thus, said the rabbis, permissible to eat even if prepared by non-Jews. Salmon, by the way, was far too expensive for most Eastern European Jews; herring and carp were the staple fish. The late 19th century brought the mass immigration from Eastern Europe, and Jews began to establish fish-smoking establishments in the West, including in London – the illustrious smokehouse H. The original New York smokers had been German, but by the end of World War I the business had become, for all intents and purposes, a Jewish one. Herring continued to be extremely popular among Jews in the New World at least for another generation or two, but now it was supplemented by salmon, which in the United States was comparatively cheap and plentiful. In those days all salmon were caught in the wild and then shipped from the place of capture by train. Refrigeration, of course, had not yet been invented, and so the salmon were packed in salt to preserve them during the long train ride. This heavily salted salmon – known in Yiddish as lox, from the German word for salmon, Lachs – remained pretty much the only game in town until the s, when the advent of large-scale refrigeration rendered salting unnecessary, thus paving the way for the introduction of smoked salmon. Instead, the salmon is immersed in a salt brine – just salt and water, nothing else – for anywhere from three to six months, after which the fish is removed and then briefly washed to remove excess salt. This is the entire process. At no point is the salmon subjected to any smoking, any drying or even any heating. Today, wild Atlantic salmon is seriously in danger of becoming extinct, and Atlantic salmon comes instead from vast fish farms, most of them in Norway and Chile, with others in the Faeroe Islands, near Scotland. Though Chile borders the Pacific

Ocean, its salmon came originally from Norway and so is considered Atlantic. Farm-raised Atlantic salmon are richer and fattier than their wild counterparts, which makes sense, given their comparatively sedentary lifestyle no swimming upstream to spawn and so forth. Wild Pacific salmon, most of which come from Alaska, tend to have a stronger taste and a firmer texture, although paradoxically enough, they create a softer lox, for reasons that no one in the business seems able to explain fully. Nowadays, Nova refers not to a type of fish, but rather to a type of smoking, one that has been tailored to the tastes of New York consumers. Here they like it lightly salted, lightly smoked. They remain in these tubs in the curing room “ which, like most parts of a smokehouse, is quite chilly, about 38 degrees “ for seven days, at which point they are removed from the brine and laid out on metal screens for smoking. This must be done slowly, otherwise the fish will broil, tearing the skin and turning the flesh milky.

## Chapter 2 : Smoked Salmon & Cream Cheese Crackers | Chicken of the Sea

*Lox is a kind of smoked salmon (from Scotland), which is generally served with cream cheese or creme fraiche. A bagel with lox and cream cheese just tastes really good together.*

Toast the bagel to desired doneness. Top with cream cheese, salmon, onions, capers, cucumbers, fresh dill and lemon. Have you ever had a bagel with lox? Most people that already eat this classic combination are huge fans of it. There really is a lot to love about lox and bagels – somewhat salty and buttery cured salmon, rich cream cheese, a crunchy toasted bagel plus the zesty complimenting flavors of onion, cucumber, capers and lemon. Lox What is lox exactly? Most people opt to buy lox from the store, but it is possible to make homemade lox. A bagel with lox also makes a really well-rounded and satisfying lunch. Both version of salmon are delicious, but they are definitely different. Smoked salmon is cured or brined and then smoked. So is smoked salmon cooked? Technically, cold-smoked salmon is not cooked while hot-smoked salmon is thoroughly cooked. Cold-smoked salmon spends at least 10 hours in temperatures of around 80 degrees fahrenheit while gradually being exposed to smoke. Hot-smoked salmon on the other hand is very different from cold-smoked salmon. It still tastes smoky like cold smoked salmon, but its consistency is dry and flaky, which is pretty much the opposite of the cold smoked salmon consistency. Lox is said to be an invention of the days before we had refrigeration since curing is a way to preserve fish. The salmon used for lox can be cured or brined, but it never gets smoked or cooked. There is also something called Nova lox which originates in Nova Scotia and is cold-smoked after being cured or brined. Gravlax is the Scandinavian take on lox in which herbs, spices and a liquor such as brandy are used during the curing process. When were bagels invented? Supposedly they first came about in when a Viennese baker made them in homage to the King of Poland. Since the king was well-known for his passion for horses, this baker molded the dough into a circle that was meant to resemble a stirrup. You can typically find lox and bagels being sold in the same places. Before we move on to the nutrition information for this recipe, I do want to note that unfortunately, cold-smoked fish and lox are not recommended for women who are pregnant.

## Chapter 3 : Lady Locks Recipe - [blog.quintoapp.com](http://blog.quintoapp.com)

*Cream the first 6 ingredients together. Add more whipping cream if necessary for desired consistency. Chop salmon and fold into the mixture. Mound into serving bowl.*

## Chapter 4 : Bagel with Lox and Cream Cheese Recipe - Dr. Axe

*Locks and Cream Cheese has 4 ratings and 1 review. Paco LeSoto, a dapper retired detective, and Molly Mesta, a witty housekeeper/cook, team up as an ende.*

## Chapter 5 : Locks and Cream Cheese: Rosemary & Larry Mild: [blog.quintoapp.com](http://blog.quintoapp.com): Books

*Located on Lock 34, On The Locks Restaurant Located in part of the Old Historical Livery Stables in Fenelon Falls, On The Locks Restaurant opened at 12 Water Street right on Lock34 of the Trent-Severn Waterway in August Our focus has been on providing the very best food & ser.*

## Chapter 6 : what is locks and cream cheese? | Yahoo Answers

*Cream Cheese (Pasteurized Cream and Milk, Lactic Acid, Salt, Stabilizers [Xanthan, Locust Bean and Guar Gums]), Nova Lox, (Salmon [Color Added with Feed], Salt, Sodium Nitrite [Preservative], Hardwood Smoke), Sour Cream (% Grade A Cultured Cream), Contains Less than 2% of: Water, Salt, Potassium Sorbate (as a Preservative), Red Beet.*

### Chapter 7 : Locks and Cream Cheese by Rosemary Mild

*There really is a lot to love about lox and bagels – somewhat salty and buttery cured salmon, rich cream cheese, a crunchy toasted bagel plus the zesty complimenting flavors of onion, cucumber, capers and lemon. It's just all really heavenly together.*

### Chapter 8 : Lox - Wikipedia

*Download this Locks Cream Cheese Bagel photo now. And search more of iStock's library of royalty-free stock images that features Bagel photos available for quick and easy download.*

### Chapter 9 : Cream Cheese and Lox Dip - Belly Full

*Calories in Delicatessen Bagel With Locks And Cream Cheese. Find nutrition facts for Delicatessen Bagel With Locks And Cream Cheese and over 2,, other foods in [blog.quintoapp.com](http://blog.quintoapp.com)'s food database.*