

Traditional gravad lax – Swedish cured salmon with dill and mustard sauce. ??

Marcel · 24/04/2025



Prep Time

15

Difficult

Easy

Servings

6

Description

Gravad lax is a traditional Scandinavian dish of salmon cured in salt, sugar, and fresh dill. It's served thinly sliced with a sweet and tangy mustard-dill sauce. Perfect as a starter, for smörgåsbord, or on rye bread.

Ingredients

- 500 g fresh salmon fillet (skin on, boneless)
- 2 tbsp coarse salt
- 2 tbsp sugar
- 1 tsp crushed black pepper
- Zest of 1 lemon (optional)
- 1 bunch fresh dill (roughly chopped)
- For the mustard-dill sauce (hovmästarsås):
- 2 tbsp Dijon mustard
- 1 tbsp sugar
- 1 tbsp white wine vinegar
- 3 tbsp neutral oil (e.g. sunflower or rapeseed)
- 1 tbsp chopped fresh dill
- Salt and pepper to taste

Instructions

1. Prepare the cure: Mix salt, sugar, pepper, lemon zest, and chopped dill.
2. Cure the salmon: Place the salmon skin-side down in a dish. Rub the cure all over. Wrap tightly in plastic and press down with a weight (like a can or another dish). Refrigerate for 48 hours, turning once halfway through.
3. Make the sauce: Whisk mustard, sugar, and vinegar. Slowly whisk in oil to emulsify. Stir in dill, season with salt and pepper. Chill until serving.
4. Serve: Remove excess cure from the salmon. Slice thinly across the grain. Serve cold with mustard-dill sauce, dark rye bread, or new potatoes.