

TRADITIONAL RECIPES FROM FINLAND

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Karelian pasties (Karjalanpiirakat)

Ingredients:

- 1 decilitre water
- ½ – 1 tsp salt
- 2½ decilitre rye flour

Rice filling:

- 2,5 decilitre water
- 1 litre milk
- 2,5 decilitre rice
- 1 tsp salt



1. Rinse the rice and place it in boiling water. Simmer until most of the water is absorbed. Add the milk, lower the heat to a minimum, and partially cover the pot. Simmer until the milk has been absorbed and the rice has turned into a thick porridge. Season with salt and leave to cool.
2. Add the flour and salt to the water and mix into a solid, compact dough.
3. Form the dough into a strip and divide into 12 pieces.
4. Roll the pieces into flat thin ovals.
5. Spread some filling on each oval. Then fold the sides towards the center, pinching and making neat pleats along the edge.
6. Bake at 300 °C for about 10 minutes.
7. Brush them well with melted butter or a butter and water mixture.
8. Place the pasties, separated with baking paper, in a bowl and cover with a towel to soften the crusts.
9. **Serve warm with butter or egg butter which is made by mixing equal parts of butter, (cottage cheese) and chopped hard-boiled egg**

Pea Soup (Hernekeitto)

Finnish split pea soup

Prep time: 15 minutes

Cook time: 2 hours

Total time: 2 hours, 15 minutes

Makes 6-8 servings



Ingredients

- 8 cups water
- 500 grams dried whole green peas
- 300 grams smoked ham
- 1 bay leaf
- 1 onion
- 1 -2 teaspoon salt
- Pepper, paprika to taste
- Potatoes (optional)
- Carrots (optional)

Directions

1. Clean and drain peas using a collander.
2. Add water and peas to a large pot and begin simmering on medium high heat.
3. Slice onion and add to pot.
4. Add ham to pot.
5. Add salt, pepper, and bay leaf.
6. Boil soup until the peas begin to split (this takes about 2 hours). If you leave them on a high boiling point longer, you can cut off about 20 minutes. If you are using potatoes or carrots, you can dice them and add them at this point.
7. After the ham is fully cooked, cut the ham into smaller bite size pieces and add back into the soup.
8. Add salt as desired and taste as the peas cook – they will absorb some of the salt so you may need to keep adding more as they continue cooking.

Fish soup (Kalakeitto)

(for four – five persons)

- **1 kg** fish
- **1 l** water
- **1 teaspoon** salt
- **1** onion
- **10** allspice (whole)
- dill stems
- **1/2** leek
- **4** large potatoes
- **4 dl** milk
- **1 tablespoon** flour
- dill and chives



Clean and fillet the fish. Boil the bones with coarsely chopped onion and spices. Cook for about 20 minutes. Strain the liquid into another saucepan. When the liquid comes to the boil, add the leek cut into rings and the peeled, diced potatoes. Cook for about 15 minutes. Cut the fish into chunks and add to the soup. Cook for another five minutes. Mix the flour with milk and add to the soup. Let the soup simmer for a few more minutes. Sprinkle plenty of chopped dill and chives on top of the soup.

If you want to use ready filleted fish, you will need 300-400 g. Add a fish bouillon cube to the liquid.

Meatballs (Lihapullat)

(for four – five persons)

- **500 g** minced beef
- **1 dl** fine dry breadcrumbs or two slices of white bread
- **1 dl** cream
- **1** onion
- **1 tblsp** oil
- **1** egg
- **1 tsp** salt
- **1/4 tsp** allspice or white pepper

Gravy:

- **2 tblsp** fat
- **2 tblsp** flour
- **4 dl** pan juices



Mix breadcrumbs with water and cream in a bowl. Let stand for a while. Finely chop the onion and sauté in oil in a frying pan or microwave oven. Add the onion, egg, seasonings and meat. Mix until smooth. Wet your hands and shape the mixture into balls. Fry meatballs in hot fat on all sides. Small balls will be done in 3-5 minutes, larger ones 5-8 minutes.

To make gravy, brown the flour lightly in fat. Add the liquid stirring all the time. Add the cream and check seasonings. The gravy can be served separately or poured over the meatballs. Serve with potatoes and grated carrots. Lingonberry jam and gherkins also go well with the dish.

Cabbage Rolls (Kaalikääryleet)

(for four – five persons)

- 1 large white cabbage
- water, salt 1 tsp/1 l

Filling:

- 400 g of lean minced pork or beef
- 1 onion
- 1 dl cabbage cooking liquid
- 2 dl chopped cabbage

- 2 dl boiled rice
- 1 tsp salt
- 1/4 tsp white pepper
- 1 tsp marjoram

Topping:

- 1-2 tblsp syrup
- butter or margarine
- Cabbage cooking water for basting

Gravy:

- 3 dl pan juice
- 2 tblsp flour
- a little cream



Cut the stalk off the cabbage and cook the cabbage in salted water until the leaves are soft. You can carefully loosen the outer leaves as they soften. Lift the cooked cabbage onto a large plate to drain. Loosen the leaves one by one and chop the small inner leaves for the filling.

Finely chop the onion and fry in small amount of oil until translucent but not brown. Combine the meat, rice, chopped cabbage and seasonings into a smooth mixture. If the mixture is too thick, add some more of the cabbage cooking water.

Flatten the cabbage leaves. Lift a good tablespoonful of filling onto the leaf and roll it up tucking the edges round the mixture.

Place the rolls side by side in a baking dish, pour syrup and a little fat over them.

Bake the rolls for 1 hour at 200 °C. Half way turn the rolls over and baste them every now and then with the cabbage water.

Strain the pan juices and thicken with flour mixed with water. Add a little cream.

Serve the cabbage rolls with boiled potatoes and lingonberry purée

Karelian Hot Pot (Karjalanpaisti)

(for four – five persons)

- **300 g** chuck steak
- **300 g** pork shoulder
- **300 g** stewing lamb or mutton
- **2-3** onions
- **1 1/2 teaspoon** salt
- **8** allspice
- water



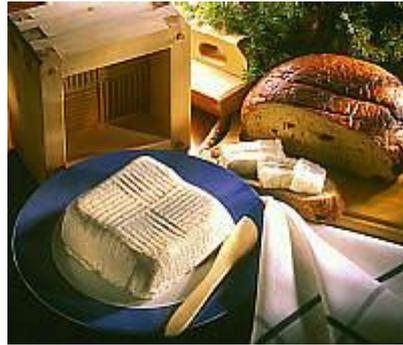
Cut the meat into cubes (4x4 cm). There is no need to remove small bones. Put the meat and coarsely chopped onion in layers in a casserole, seasoning each layer with salt and allspice. Add enough water to almost cover the meat.

Bake without a cover at a moderate temperature, c. 175 °C, for 2 1/2-3 hours. Cover the casserole towards the end of the cooking time.

Serve with mashed potato, boiled swedes and lingonberry purée.

Egg cheese (Munajuusto)

- **3 litres** milk
- **1 litre** sour milk
- **4** eggs
- **1 teaspoon** salt



Bring the milk almost to boiling point. Combine the eggs and sour milk and add to the hot milk, stirring gently. Continue to cook the milk over low heat, stirring until it curdles. Remove the saucepan from the stove and let the whey separate in a warm place for half an hour. Using a slotted spoon, transfer the curds to a sieve lined with muslin. Lightly press the whey out. Add the salt, stirring in well. Place a light weight on the cheese and leave it to stand in a cold place overnight.

Next day, turn the cheese onto an ovenproof dish. Brush the cheese with egg and bake at 250 °C until nicely brown.

Oven porridge (Unipuuro)

- 2 1/2 dl pearl barley
- 1/2 l water
- 1 1/2 l milk
- 1 tsp salt



Combine all the ingredients in a buttered oven dish.

Bake the porridge for 4-5 hours at 125 °C. Also whole oats, wheat, rice, buckwheat or millet make excellent porridge. Serve the porridge with milk or fruit sauce.

Poor knights (Köyhät ritarit)

- a slice of French bread or coffee bread per person
- 1 egg
- 3 dl milk
- pinch of salt

For frying:

- butter or margarine

On top:

- lingonberry jam (and whipped cream)
 1. Cut a thick slice of bread for each person
 2. Whip the egg and mix in milk and a pinch of salt
 3. Dip the slices in the milk and egg mixture
 4. Fry until golden brown on both sides
 5. Serve hot topped with a bit of lingonberry jam. If you top it all off with whipped cream, your “poor knights” become “rich knights”.

Photo: Magazine Pirka



Rhubarb Pie (Raparperipiiras)

top crust:

150 g (about 300 ml) flour

½ tsp baking powder

150 g butter

¾ dl water or cream

filling:

500 g fresh [rhubarb](#) stalks

150 ml sugar

1½ tbsp potato flour



Prepare the dough for the top crust of the pie. Mix the flour and the baking powder. Add the cold butter and rub the ingredients together using your fingers, until the mixture resembles breadcrumbs.

Pour in the liquid and rapidly stir it in, mixing as little as possible. If mixed for too long, the dough will become tough. Wrap the dough in plastic and place in refrigerator to harden for at least an hour.

To prepare the filling, mix the potato flour and the sugar. Rinse and lightly peel the rhubarb stalks. Cut the stalks into 2 - 3 centimetre long pieces. Spread a layer of rhubarb in a round pie pan. Sprinkle some sugar and potato flour mixture on top.

Continue filling the pan with alternate layers on rhubarb and the sugar-flour mixture. There should be a lot of filling, since it will sink considerably during baking. Increase the amount of it, if necessary.

Roll out the dough into a disk slightly wider than the pie pan. Raise the disk on top of the filling and push the edges to stick the sides of the pan and form a lid. Brush the lid with egg and prick it with a fork for the steam to escape from the filling during baking.

Bake the pie at 225 °C until the top has browned nicely, for about 35 minutes. Let the pie cool slightly before cutting. Serve pie slices topped with whipped cream, creamy vanilla custard or ice cream.

Finnish Cinnamon Rolls (Korvapuustit)

Dough:

- 5 dl / 2 cups milk
- 50 g fresh yeast / 2,5 tbsp dry yeast
- 1 egg
- 2 dl / about $\frac{3}{4}$ cup sugar
- 1-2 tbsp cardamom
- 1 tsp salt
- 13-15 dl / 5,5-6 cups white wheat flour (all-purpose)
- 150-200 g / $\frac{3}{4}$ cup of butter, but could use a little more or less



Filling:

- 100 g / about $\frac{1}{3}$ cup butter
- cinnamon
- sugar

Finishing:

- 1 egg

Decoration:

- sugar (not necessary)

1. Start by taking butter to soften in room temperature about an hour before you start to make the dough.
2. Warm up the milk so that it's luke warm. Sprinkle in the yeast and blend. With dry yeast milk needs to a bit warmer.
3. Add sugar, egg, cardamon, salt and about $\frac{3}{4}$ of flours.
4. Put your hand in the dough, add the softened butter and start kneading the dough. Add the rest of the flour little by little while kneading.
5. Knead dough until it is smooth and a bit bouncy. The dough is perfect when you can remove it from the bowl so that it does not stick to the edges too much. If it does, add a little bit of flour and knead a bit more.
6. Raise the dough in a warm spot under a cloth. Let it raise for about 45 minutes to 1 hour until it has doubled its size.
7. As the dough is raising, take the butter to be used for the filling from the fridge and let it soften in room temperature.
8. Lightly flour a clean work surface with all-purpose wheat flour. Pour the dough to the table and split it in three parts.
9. Using the rolling pin, roll the dough out to make rectangular sheets (about 30 x 50-60 cm).

10. Spread the softened butter with a knife on each of the dough sheets. Sprinkle cinnamon and sugar on top of the butter layer.
11. Roll the dough sheet into a tight roll and leave the seam underneath the roll.
12. Cut the roll into to a triangle-shaped pieces.
13. Place the pieces on the table the narrower side facing up. Use your thumb to press the top of the pieces all the way to the bottom.
14. Lift the ready buns on the baking tray (use parchment paper to prevent sticking) and let them raise under the cloth while pre-heating the oven to 225°C.
15. When the oven is ready and the cinnamon rolls have risen, finish them by applying egg with a baking brush. Decorate the cinnamon rolls with sugar crystals or fine sugar if you wish.
16. Bake in 225°C for 10-15 minutes.
17. The cinnamon rolls are ready when the color turns into golden brown. Some like them lighter, some darker – try and see which one works best for your taste buds.