



Flavours

FINLAND

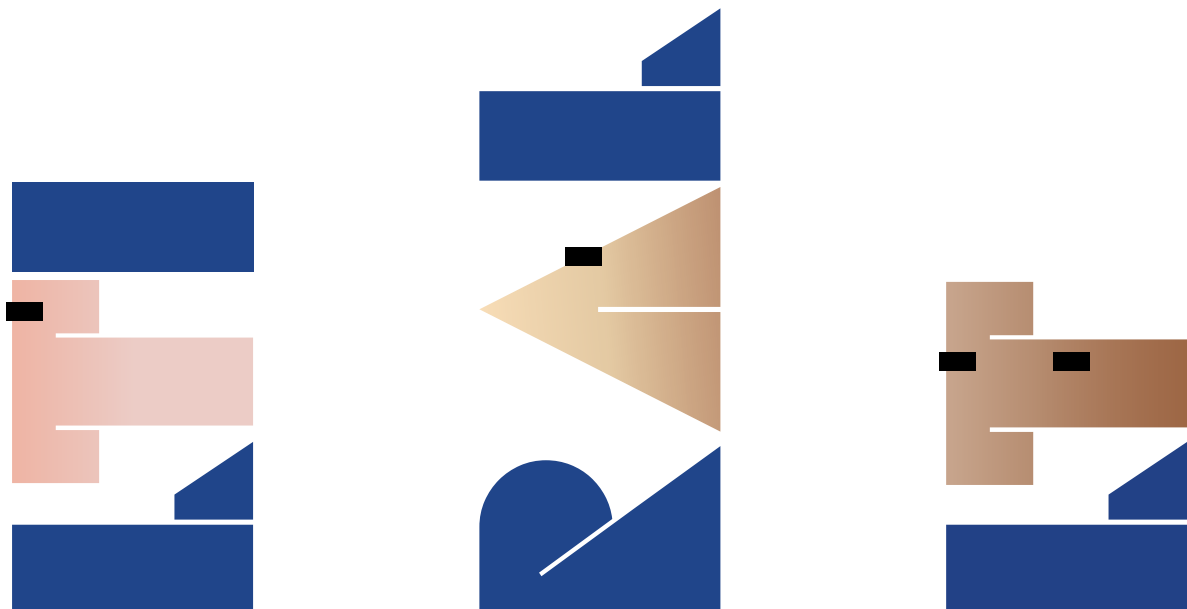
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about me

Working with the UN Refugee agency since about 22 years and have been living in 9 different countries. So when it comes to food, I have taken inspiration from all over the world to my kitchen. However, sometimes I am homesick and then Finnish food helps to take me back.

intro

Finnish food is not perhaps famous around world. Do you know of any Finnish famous restaurants? Maybe you have heard about the Karjalanpiirakka (rice pies from Karelia) or about Ruisleipä (rye bread)? In Finland we use some of the same ingredients as in Polish food. Traditionally Finnish food contained a lot of meat, fish, potato and root vegetables. For desserts we love to use different types of berries. I want to share with you 3 dishes that come from my country and I like.



SALMON SOUP



I was born in a small coastal town in Finland. Fish was always very much present in our diets. When I grew up, we spent a lot of time in the summers sailing in the Finnish archipelago. This soup reminds me of the summer evenings in the archipelago.

ingredients

- 6 medium potatoes
- 2 medium carrots
- 2 medium onions
- 8 dl of water
- 1/2 tsp of black whole pepper
- 1 bay leaf
- Salmon fillet (400 g)
- 2dl of cooking cream
- 1 1/2 tsp of salt (or according to taste)
- 6 tbsp fresh dill

directions

Wash, peel and dice the potatoes, carrots and onions. Boil the vegetables with the peppers and bay leaf in water so it's almost cooked (around 15 minutes).

Remove the skin and bones off the salmon fillet. Cut the fish into cubes.

Add the cream, salt and pieces of salmon to the soup. Cook over low heat until the fish is cooked; or about 5 minutes.

Add the dill and serve straight away.

Excellent with rye bread.

FINNISH MEATBALLS



Most people have only ever heard about Swedish Meatballs, not knowing that some of the traditional dishes in the Nordic Countries do not really respect national borders. There are several dishes, like meatballs that should be considered more as regional dishes than national dishes. To me, meatballs are comfort food. Something that fills both my stomach and my soul. They are liked by almost all people. You can prepare plenty of them ahead of time, freeze and just re-heat whenever you need them. So here is a recipe for Finnish Meatballs.

- ingredients*
- 500 g of minced meat (can be only beef or 50/50 beef and pork or lamb)
 - 1dl of bread crumbs
 - 2dl cream or milk
 - 1 egg
 - 1 large onion (chopped)
 - 1/2 tsp salt
 - 1/2 tsp allspice (ground)
 - 1/4 tsp white pepper (ground)
 - 1/2 tsp paprika

directions

Heat the oven to 225 °C

In a large bowl soak the breadcrumbs in the cream (or milk), for about 10 minutes. The result must be moist, not very liquid.

Fry the onions in a skillet (using butter) until soft, set aside to cool.

Add the egg, mince, onions and seasonings to the breadcrumb mix. Knead the mixture thoroughly until well combined and firm.

Shape into walnut sized balls with slightly oiled or moist hands and place them on a greased shallow baking tray or over parchment paper. Do not crowd.

Bake in the middle of the oven for about 15 minutes or until golden. (You can also fry them in butter in a skillet.)

Best served with mashed potatoes sprinkle with parsley and lingonberry jam!

BLUEBERRY PIE



Picking real blueberries in the forest is something special. The real ones that color your fingers blue – not the ones that you buy in the store. The first blueberry pie is also special, especially when you make it in the oven that does not really work properly at the summer cottage. The bottom of the pie tends to remain a bit sticky but it does not matter, when you can sit outside on the porch and enjoy with a cup of coffee.

ingredients

crust

- 100 grams of butter
- 1/2 dl of sugar
- 1 egg
- 1 dl wholemeal flour
- 1 dl wheat flour
- 1 tsp baking powder

filling

- 3 dl (around) blueberries
- 200 g sour cream
- 1 egg
- 1/2 dl of sugar
- 1 tsp vanilla sugar

directions

Cream/mix the room temperature butter and sugar, whisk in the egg. Combine the dry ingredients and stir into the mixture. Press the crust into a pie tin with your hands, covering the base and sides. Add in the blueberries evenly to the crust.

Mix the sour cream, egg, sugar and vanilla sugar in a small bowl. Pour the mixture on top of the blueberries.

Bake for 30 minutes at 200 °C on the oven's lower rack. If the bottom is not fully baked, leave the pie on the oven floor for 5 minutes with the heat off.



Legal Aid Center The Halina Nieć

about us

For 16 years we have been working towards protection of human rights and providing free legal assistance to foreigners, refugees and stateless persons. Through this recipe ebook we would like to share with you our intercultural experience that comes from our daily work with persons coming from all over the world. We believe that learning about the customs and the cuisine of different cultures is a great way of building a more open society!

In our cycle called „Multicultural Flavours” we will be publishing a free ebook featuring a different cuisine every month. If you like our work, we will be grateful if you would support us by a voluntary donation:

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It is enough if you donate 5, 10 or 50 EUR – every donation means a lot to us!
Thanks to collected funds we will be able to continue our mission of helping refugees. Thanks for all your support!

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Fundusz Obywatelski

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