

Finland Recipes

Finnish Dried Pea Soup (Hernekeitto)

Ingredients:

8 cups water
1 pound dried whole green peas
1 pound smoked ham with bone
1 teaspoon dried marjoram
1 onion
2 cloves
1 - 2 teaspoons salt



Directions:

Rinse and remove unwanted pieces from the peas. Cover with cold water and let soak overnight. Afterwards, drain and rinse the peas.

Peel the onion and stick in the cloves. Put everything into the pot with the peas. Bring to a boil; cover, lower heat, and let simmer until they are very soft, about 2 hours, stirring often.

Remove meat from soup. Trim it from the bones, cutting into small pieces. Return it to the soup. Salt to taste and serve.

Finnish Rye Bread (Ruisleipä)

Ingredients:

2 cups stone ground dark rye flour
1 ¼ cups all-purpose flour
2 tablespoons baking powder
1 teaspoon salt
1 tablespoon dark molasses
5 tablespoons unsalted butter at room temperature
1 cup buttermilk
1 teaspoon whole fennel seeds or caraway seeds to taste
3 large eggs



Directions:

Preheat oven to 400° F. Lightly grease a loaf pan with butter or Crisco.

In a mixing bowl, combine flours and salt. Add buttermilk and eggs one at a time, softened unsalted butter, and molasses. Whisk slowly until a dough forms. Add fennel seeds if using.

Knead for 5 minutes. Put dough in loaf pan. Bake for 40 minutes, or until browned on top. Cool on a wire rack.

Kissell

Ingredients:

1 pound sweet red cherries, pitted (or other berries)
8 cups filtered water
¾ cup sugar
1 tablespoon fresh lemon juice
4 tablespoons potato starch in ¼ cup cold water



Directions:

Fill a medium pot with 8 cups of water. Add 1 pound of pitted cherries and bring to a boil.

Reduce the heat to low and simmer for 12 minutes, partially covered. Stir in ¾ cup of sugar and 1 tablespoon lemon juice and continue simmering another 3 minutes.

Finally dissolve 4 tablespoons of potato starch in ¼ cup of water and slowly add it to the pot while stirring the soup. Remove from heat and let kissel cool slightly. You can strain out the cherries if you prefer.

Kaalikääryleet (Cabbage Rolls)

Ingredients:

1 large cabbage
1 yellow onion
1-2 garlic cloves
1 pound ground beef
Salt
Pepper
1 tablespoon dried marjoram
½ cup rice (uncooked)
1 cup beef stock
2 eggs
Syrup



Directions:

Carve out the stalk of the cabbage. Boil the cabbage in salted water cutting the leaves free as they start to soften. Cook until soft. Drain and cool the leaves under cold water. Place on a kitchen towel and dry. Keep the small inner leaves for the ground meat mix.

Chop the onion and mince the garlic. Heat oil in a frying pan. Fry the onions, garlic, and ground meat. Add salt, pepper, and marjoram. Cook until meat is done. Leave to cool.

Cook the rice in beef stock and then add to the meat. Add the eggs and mix well. Chop the small inner leaves of the cabbage and add to the meat mix. With each leaf use a rolling pin to flatten the stalk part a little. Place a dollop of the filling on the leaf (stalk part) and then roll into parcels and place in an oiled baking dish.

Bake in 400° F oven for 15 minutes until they start to color a bit. Brush the rolls with maple syrup and bake for another 20 minutes.

Lihapyorykoita (Finnish Meatballs)

Ingredients:

1 pound lean ground beef
1 cup plain breadcrumbs
1 yellow onion, minced
1 egg
½ cup whipping cream
2 teaspoons salt
1 teaspoon ground allspice
¼ butter
2 tablespoons all-purpose flour
2 cups milk
½ cup whipping cream



Directions:

Mix the ground beef, breadcrumbs, onion, egg, cream, salt, and allspice in a bowl with your hands until evenly mixed. Roll the mixture into golf ball-sized balls.

In a large skillet over medium heat, melt the butter. Cook the meatballs in the melted butter until evenly browned on all sides, 5 to 7 minutes; remove to a plate, keeping the liquid in the skillet when finished.

Sift the flour into the skillet drippings; cook the flour in the skillet drippings until brown, 2 to 3 minutes. Slowly stream the milk into the skillet while whisking vigorously; pour the cream into the mixture and stir until smooth.

Return all the meatballs to the skillet; stir to coat with the gravy. Bring the mixture to a simmer and cook until the meatballs are cooked through, 15 to 20 minutes.