

# Finland



## Karelian Hot Pot - Karjalanpaisti

(for four - five persons)

### Ingredients:

- 2/3 pounds (300 g) chuck steak
- 2/3 pounds (300 g) pork shoulder
- 2/3 pounds (300 g) stewing lamb or mutton
- 2-3 onions
- 1 1/2 tsp salt
- 8 allspice
- water

### Directions:

Cut the meat into cubes (4x4 cm).

There is no need to remove small bones.

Put the meat and coarselychopped 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, and lingonberry purée.

## Fish Soup a la Kainuu - Kainuulainen Kalakeitto

### Ingredients:

- 1-1 ½ l water or good fish stock
- 1-2 onions
- 5-6 allspice berries
- (- salt)
- 4-5 potatoes
- about 1 pound (1/2 kg) of filleted fish (- salmon, whitefish, pike, perch)
- dill, chives, chopped parsley

Served with: melted butter chopped raw onions

### Directions:

Peel the onions and split them in pieces.

Place them in the water or fish stock together with the allspice berries and

Bring to the boil.

Cook for a while for the stock to become tasty.

Peel the potatoes and cut into small pieces the size of your fingertips.

Also cut the fish fillets into small cubes.

Remove the onions and allspice berries from the stock and add the potatoes to cook.

Let the soup boil for about ten minutes.

Then add the fish and continue to cook for a few minutes until the fish is done.

Chop the herbs and add to the soup.

Serve the soup with melted butter and chopped raw onions, which every eater can add to the soup according to taste.

The soup is at its best when eaten with rye bread.

# Mashed Potato and Rutabaga Casserole

## Ingredients:

2 pounds thin-skinned boiling potatoes  
salt  
1 pound (about 1 medium) rutabaga  
1/4 cup flour  
2 eggs  
2 teaspoons salt  
1/2 to 1 cup hot milk or light cream  
1 tablespoon butter  
1/4 cup fine dry break crumbs

## Directions:

Put the potatoes in a large pot and cover them with water.  
Add 1 teaspoon salt for each quart of water.  
Heat to boiling and cook for 20 to 25 minutes.  
Drain, mash, and add the cooked rutabaga to the potatoes.  
Beat with an electric mixer until the potatoes and rutabagas are smooth and fluffy.  
Beat in the flour, eggs, salt, and milk (or cream).  
Preheat oven to 350 degrees F.  
Butter a 3-quart shallow baking dish.  
Turn the mixture into the dish.  
Using a spoon, spread out the mixture, making indentations in the top of the casserole.  
Dot with the butter and sprinkle with the bread crumbs.  
Bake uncovered for 1 hour, or until lightly browned.

# Lanttulaatikko (Rutabaga Casserole)

## Ingredients:

1-2 large rutabagas  
water  
salt  
2 Tbs butter or margarine  
1 Tbs flour  
milk  
salt, white pepper  
sugar  
1 egg  
bread crumbs

## Directions:

Peel the rutabagas, cut into small cubes and cook in small amount of water seasoned with salt until tender.

Mash well.

Whip butter or margarine and flour into the rutabagas, add the milk gradually, whipping continuously.

Add the egg and season to taste.

Place in a greased casserole dish, cover with bread crumbs and bake in a 200°C (400°F) oven for 40 mins.

Goes great with ham and pork.

## Sillilaatikko (Herring Casserole)

### Ingredients:

1 lb (4 cups) thinly sliced potatoes  
10 pieces of herring (available preserved in jars)  
1 onion, chopped  
¼ tsp white pepper  
1 egg  
2 c. milk  
1 Tbsp flour

### Directions:

Layer on to a well-greased casserole dish:

potatoes

herring

chopped onion

Finish off with a layer of potatoes.

Mix egg, milk, pepper and flour.

Pour on top of potatoes.

Bake in moderate oven (380F) for about two hours, until well done.

## Janssonin kiusaus (Jansson's Temptation)

### Ingredients:

10 medium potatoes, peeled and sliced very thin  
10 anchovy filets  
1 onion, chopped  
2-3 c. full cream

### Directions:

Layer on to a well-grease casserole dish:

potatoes, anchovy and onion.

Pour half of the cream on top.

Bake in moderate oven (375F) for about an hour.

Add the rest of the cream, or as much as seems to be needed to keep the potatoes moist.

Finish baking till well done.

# Siankylkipaisti

## Ingredients:

3 1/3 pounds (1 1/2 kg) pork ribs

1/2 lemon

1 Tbs salt

1/2 tsp ginger

1/2 tsp white pepper

5 prunes

2 tart apples

water

Gravy:

2 Tbs flour

2 tsp mustard

water

## Directions:

Pat the meat dry.

Rub with lemon and break into suitable portion-sized pieces.

Arrange in a casserole dish, with meaty side up, sprinkle with the spices and bake in a hot oven.

After a short time, add boiling water and sliced prunes and apples.

Turn ribs over after they have browned.

Baste often with the liquid in the pan.

Drain the liquid into a saucepan.

Let it come to a boil and stir in the flour and mustard, adding more water if needed, to make the gravy.

Pour over the meat and serve.