

Finnish Cookbook



*Made by
Vehmainen School
6A*

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Dear Friends in Germany!

This cookbook is a collection of some typical Finnish recipes known to all of us. Nowadays the Finnish kitchen is very international, but we decided to include only traditional Finnish recipes in this collection. Every student chose one of their favourite recipes and wrote it in English, that's why we have more than one version of some recipes. The Blueberry pie recipes work nicely with other berries, too!

*Your friends
from Finland*

Here you can find some more information about Finnish food:

<http://www.visitfinland.com/article/iconic-finnish-foods-of-all-time/>

<https://finland.fi/life-society/eat-finland/>

<https://www.prettywildworld.com/traditional-finnish-food/>

https://www.buzzfeed.com/tabathaleggett/traditional-finnish-foods-that-you-desperately-need-in-yo?utm_term=.ns38j3oK2#.aiYwpWGq0

Macaroni Casserole

Milja U

Macaroni Casserole.

:Guide:

One onion.

Two tablespoons butter.

Two teaspoons sugar.

400 gram minced meat.

One/three teaspoons salt.

One 1/2 water.

400 gram macaroni.

One/two teaspoons salt,
seven decilitre milk.

three egg.

one teaspoons salt.

Peel and chop onion.
Heat the fat in the pan and add the onion and cane sugar. Turn until the onions are caramelized. Add

the beef pig meal and fry all over.

Season with salt, and lift aside Boil the macaroni in salted water and drain

Mix milk, eggs and spices. Pour minced meat and macaroni into

a bordered oven dish and stir. Pour the egg into the mix. Cook in a 200-degree oven for an average of about 40-50 minutes on until the food is clotted and the beautiful color.

Macaroni casserole Recipe

Ingredients:

4-6 servings

1 (400g) Macaroni

1 (400g) Beef minced meat

1 Onion

$\frac{3}{4}$ tsp Salt

$\frac{3}{4}$ tsp Black pepper

$\frac{1}{4}$ Allspice

2sp Basil

2sp thyme Egg Milk

2-3 Eggs

7dl Milk

1tsp Salt

Made by:Jesse



Ham Temptation

1 kg raw potatoes, peeled and shredded

200-300 g ham, shredded

1 leek, thinly sliced

200 g fresh mushrooms, sliced

3 dl cream

2 tbsp Dijon mustard

1 tbsp dansukker cane syrup

½ tsp salt

2-3 ml black pepper

2 dl mozzarella, grated



Layer the potatoes with ham, leek and mushrooms in an oven-proof dish, with a layer of potatoes at the top. Mix the cream with the mustard, syrup, salt and pepper and pour over the top. Sprinkle with the grated cheese. Bake in the centre of the oven at 200 degrees for approx.. 35 minutes.

By Teemu

PEA SOUP

WRITTEN BY: TILJA

INGREDIENTS:

500G DRIED PEAS

2L WATER

500G PORK

500G STEAMED SHANK

1TSP SALT

1 ONION

3-4 CARROTS

BLACK PEPPER GRINDED

2TBSP MUSTARD

2TSP MARJORAM



1. RINSE THE PEAS WITH COLD WATER, AND PUT THEM TO SOAK IN A BIG POT, WHICH HAS ABOUT 1L OF WATER. LET THE PEAS SOAK OVERNIGHT.

2. ADD THE WATER THAT IS LEFT TO THE POT. PEEL THE FOAM. ADD BOTH, MEATS AND SALT. BOIL IN A MEDIUM TEMPERATURE AT LEAST TWO HOURS. WHILE BOILING, ADD ONION AND CARROTS.

3. LIFT THE MEATS TO A PLATE, REMOVE THE SKIN AND BONES. CUT THE MEATS AND ADD TO THE SOUP. BOIL THE SOUP. SPICE IT WITH MUSTARD, MARJORAM AND PEPPER. SERVE ALSO MUSTARD AND FINELY CHOPPED ONION.

Oatmeal porridge

2.5dl water/milk

1dl oatmeal

1dl salt

warm water/milk

stew under cover about 10min

Aleksi Ojala



Finnish Meatballs

Ingredients:

500-600g	Minced meat (beef or mixture of beef & pork)
1 dl	Breadcrumbs
1½ dl	Water (or cooking cream)
2	Eggs
1	Onion
1½ tsp	Ground allspice or black pepper
1½ tsp	Salt (some garlic & more spices if you like)



1. Combine the water or cream with the breadcrumbs in a mixing bowl
2. Chop the onion into small pieces
3. Add the onion, eggs, salt and spices into the mixture. Mix by using our hand or a mixer.
4. Add the minced meat and mix until evenly mixed
5. Cover a baking tray with baking paper
6. Form meatballs with your hands (wet your hands and the mixture doesn't stick to your hands so much) and put them on the baking tray
7. Bake the meatballs in the oven. Turn them over during baking so that they are brown on both sides.

225 degrees, approximately 15 mins. (or as long as it takes them to look nice & brown)

Serve with mashed potato and salad

By Anni - teacher



Gingerbread

Ingredients

0.5 dl Syrup
0.5 tsp Cinnamon
0.5 tsp Ginger
0.5 tsp Clove
0.5 tsp Pomegranateshell
1 dl Sugar
125g Butter
1 Egg
0.3 tsp Salt
1 tsp Soda
5 dl Wheat flour



Instructions

1. Measure the boiler syrup, cinnamon, ginger, cloves, pomegranate, sugar and butter. Boil the ingredients. Move the boiler from the stove to cool, for example in cold water. When the mixture has cooled, whisk it to a light foam. The electric mixer is good for frothing, because otherwise beating requires patience.
2. Add the egg vigorously while mixing. Mix wheat flour with salt and soda. Add the flour to the dough.
3. Allow the dough to season and solidify in the refrigerator for the next day.
4. Take a piece of dough at a time, first roll it in your hands into soft ball, flatten it on a floured table and roll lightly into a thin plate. If the dough softens too much, put it in the refrigerator for a moment.
5. The dough becomes about four sheets of gingerbread. Put the same size gingerbread on the same baking tray over baking paper. Bake in about one hundred eighty-five degrees for about seven minutes. (:

By: Wanda

Spoon Cookies

200g butter	Between:
1 half dl sugar	apple-or
2 tsp vanilla-or	rasberry-
vanillinsugar	puree
1 tsp baking soda	On: sugar
4 dl flour	

- Boil the butter in the saucepan with stirring. When the foam starts to fall, pour butter into a bowl. Add sugar and let the mixture cool down. Mix the cooled mixture until smooth. Add mixed dry ingredients. Press the dough into an oval spoon and remove to the baking paper with convex side up. Bake at 175 C for 12-15 minutes.
- Put a little cool on the two opposite sides and put in the puree. Roll up the spoon cookie in sugar before serving.



By Iiris
Picture from: Anna magazine

Karelian pasty

RICE FILLING

2 dl short-grain rice

1 liter milk

2 dl water

1 tsp salt

2 tbs butter



Bring water to a boil in a saucepan with a thick bottom. Add the rice and cook until the water is absorbed. Add milk and bring to a boil whilst frequently stirring. Simmer at a low heat for approximately 30 – 40 minutes, until cooked. Season the rice porridge with salt and butter and set aside to cool.

dough:

2 dl water

4 dl rye flour

1 dl white flour

1 tsp salt

Stir the flours and salt into water and knead into a solid dough. Form the dough into a bar on a well-floured baking board and cut the bar into 20 pieces. Form little balls from the pieces and then flatten them.

Sprinkle some rye flour onto the baking board, and with a rolling pin, roll a piece of the dough into as thin a round crust as possible.

When all the crusts are ready, fill the center of each crust with a thin layer of rice porridge. Fold the edges of the crusts and pinch tightly with your fingers forming oval shaped pies. (Turn the tips of the pies inwards to prevent them from burning during baking).

Place the pies onto a baking tray covered with greaseproof paper and bake at 275 – 300 degrees Celsius for 10 – 15 minutes, until golden brown.

When the pies are removed from the oven, brush them with melted butter or a butter and water / milk mixture (I use 50 % butter and 50 % water. My mom instead doesn't brush pies with anything).

Place the pies onto a greaseproof paper and cover with a kitchen towel to soften.

Food serving suggestion: Serve the Karelian Pies warm together with the Egg-Butter Spread.

Egg-butter spread

8 hard-boiled eggs

150 gr butter

½ tsp salt

Boil the eggs in water for at least 8 minutes. Rinse the boiled eggs under cold water and remove their shells. Use a fork to mash the eggs finely together with the soft butter, in a mixing bowl. Add some salt. Cover the bowl with plastic wrap and place into the fridge to cool.

Made Justus

Karelian Pie

By: Vilhelmiina

Filling

0,5 lite of water

3 dl porridge rice

9 dl milk

1,5 teaspons salt

1. Mix the rice into boiling water
2. Add the milk and stir the filling for a few minutes
3. When the porridge is ready

Crust

2 dl cold water

1,5 tsp salt

3,5 dl rye flour

1,5 dl wheat flour

1. Mix the flours and salt into the cold water
2. Make the dough smooth
3. Shape the dough into a smooth
4. Roll the pieces into balls
5. Roll the cakes

Moistening

1 dl milk

50 g butter

1. Lay porridge on each cake
2. Pinch the edges
3. Bake the pasties in 250 degrees Celsius



Karelian Pasties

Filling

0,5 litre of water
3dl porridge rice
9dl milk
1,5 teaspoons salt

Crust

2dl cold water
1,5 tsp salt
3,5 dl rye flour
1,5 dl wheat flour

Moistening

1dl milk
50g butter



Filling

1. Mix the rice into boiling water reserved for filling.
Boil until the water has saturated the rice.
2. Add the milk and stir the filling for a few minutes.
Reduce heat and agitate the porridge. The cooking time is about 40 minutes.
Stir the porridge every now and then.
3. When the porridge is ready, it will seem thickish. Then add the salt.
Cool the porridge.

Crust

1. Mix the flours and salt into the cold water.
2. Make the dough smooth and pliable by moulding it by hands on a panification support.
3. Shape the dough into a smooth bar and divide it into about twenty pieces.
4. Roll the pieces into balls, flatten them into small cakes and cover them with plastic.
5. Roll the cakes into thin sheets that have approximately 17 cm in diameter.

Baking the pasties

1. Lay porridge on each cake so that the porridge reaches the ends.
2. Pinch the edges together with your fingers.
3. Bake the pasties in about 250-300 degrees. Celsius
for about 15 minutes until the rye crust is brown in colour.

Finishing

1. Moisten the pasties from both sides with hot mixture of milk and butter.
2. Lay the pasties on each other and brew them under a towel and bacon paper.
3. Mix the munavoi ingredients (boil the eggs for 12 minutes) and use it as butter on the pasties.

By: Santeri

Oven Pancake

Ingredients:

1l light milk

4 dl flour

1 tsp salt

3-4 eggs

1-3 tbsp butter

Combine the flour and the milk slowly until the mixture is smooth. Then add the salt to the mixture. Mix well and let it rest for 30 minutes under a cloth. Then add the eggs into the mixture and mix. Butter the oven casserole and pour the mixture in to the casserole. Heat up your oven at 200°C and bake it for 20-30 minutes until big bubbles appear and golden. Serve it with jam and whipped cream. Enjoy!

Made by Piia 😊



Pancakes recipe

Ingredients

135g plain flour
1 tsp salt
2 tbsp caster sugar
130 ml milk
1 large egg, lightly beaten
2 tbsp melted butter or oil, plus
extra for cooking



To serve

maple syrup
batter

Method

- 1 Sift the flour, baking powder, salt and caster sugar into a large bowl. In a separate bowl, lightly whisk together the milk and egg, then whisk in the melted butter
- 2 Pour the milk mixture into the flour mixture and, using a fork, beat until you have a smooth batter. Any lumps will soon disappear with a little mixing. Let the batter stand for a few minutes.
- 3 heat a non-stick frying pan over a medium heat and add a knob of batter. When it's melted, add a ladle of butter. It will seem very thick but this is how it should be. wait until the top of the pancake begins to bubble, then turn it over and cook until both sides are golden brown and the pancake has risen about 1 cm thick
- 4 Repeat until all the batter is used up. you can keep the pancakes warm in a low oven, but they taste best fresh out of the pan
- 5 serve with lashings of real pale syrup and extra butter, if you like.

By Marcell

About the Finnish Pulla

Finnish Pulla is one of the most popular Finnish foods to have with a cup of coffee. It is mildly-sweet Finnish sweet roll or dessert bread flavored with crushed cardamom seeds and occasionally raisins.

Pulla can be baked as a braid loaf, it's called *pitko* in Finnish. It is formed from three or more braided strands of dough. The braids may also be formed into a ring. These braided strands or rings are typically coated with melted butter or whisked egg and then sprinkled with white sugar or almonds.

Other types of pulla are small round buns and cinnamon rolls called "*korvapuusti*" or Dallas buns with vanilla filling.



All types of pulla can be baked with the same basic recipe, the pulla is just formed in different ways. We have one recipe for pulla, one for korvapuusti and one for Dallas pulla. You can use any of the recipes for the dough.



There's nothing better than a fresh pulla straight from oven with a glass of cold milk or a cup of coffee!

A Bun

Ingredients: 5 deciliter milk, 2 egg, 50 gram yeast, 2 deciliter sugar, 2 teaspoons salt, 1 tablespoon cardamom, about 16 deciliter flour, 1 ½ deciliter margarin.

How you make it?

Crumble yeast into a handheld milk. Mix. Add eggs, sugar, spices and some flour. Mix dough smooth.

Add gradually the rest of the flour into the dough and chassis, until dough released bowl the edges.

More margarin or soft butter. Give dough rise under the line in an airtight place double fold.

Divide the dough into 40 pieces. Rotate them into small bottles; use flour help as needed. Put them on baking paper cookie sheet. Get up well.

By: Tomas



Cinnamon rolls (*Korvapuustit*)

Ingredients for the dough:

$\frac{1}{2}$ liter milk
50 g yeast
2 eggs
2 dl sugar
2 tsp salt
1 tbsp ground cardamom
~ 16 dl All-purpose flour

150-200 g Melted butter

For filling:

100g melted butter
1 dl sugar
2 tbsp ground cinnamon

1 beaten egg for final glaze
Pearl sugar or rock sugar for dusting

HOW TO MAKE IT

1. In a large mixing bowl, combine milk, 4 Tbsp. melted butter, yeast and sugar. Allow to sit 10 minutes until yeast begins to bubble.

Stir in salt, cardamom and beaten egg, then gradually stir in flour until dough pulls away from the side of the bowl. If using a stand-mixer, switch to a dough hook; knead at level 3 or 4 for 7 minutes. If kneading by hand, work the dough until it is smooth, shiny, and has lost most of its stickiness. Place in a greased bowl, cover with a towel or cling wrap, and allow to rise 1 hour or until doubled.

2. Punch down dough, then divide into two equal halves. Roll each half into a 8x14 rectangle; brush each half with melted butter then sprinkle with brown sugar and cinnamon. Starting from the long side, tightly roll each half into a long "snake"; with a sharp knife, make diagonal cuts every 2 inches to make 7 triangular rolls (14 total).

3. Place each roll, point up, on slightly greased cookie sheets, then use a finger or a spoon to press down each tip to form ear-shaped rolls. Cover with clean towels and allow to rise another hour, until doubled.

4. Preheat oven to 200°C. Brush each roll with beaten egg, sprinkle with pearl sugar, and bake on center rack for 10-15 minutes, or until golden brown



Dallas pulla/dallas bun

By Jose

5	dl	milk
50	g	yeast
1	Table spoon	cardamom
2	dl	sugar
		Some salt
13-15	dl	<u>Baking powder</u>
200	g	Melted butter
filling		
250	g	Milk curd
150	g	butter
1½	dl	sugar
1	dl	Vanilla sauce powder
1-2	teaspoon	Vanilla sugar

How to make

Warm milk to hand mellow and dissolve the yeast. Add cardamom, sugar, salt and half coarse baking powder, knead. Knead the dough with melted butter. Let dough rise in a warm place under a cloth until two times bigger. Make the filling. Beat milk curd add butter, sugar, vanilla sauce, vanilla cream and vanilla sugar.

Knead the dough's air bubbles off and divide it in half. Roll the parts into thin discs. Spread vanillamix on the discs and wrap them into rolls. Cut same sized slices and put them to rise in warm place under cloth for 15min and lubricate with egg. Fry in 225celsius for 12-15min.



Mokkapalat: Finnish brownies

Bottom:

2 eggs

3dl sugar

1½dl milk

150g margarine

4½ dl flour

2tsp vanilla sugar

2-3tsp baking powder

1tbsp cacao



Filling:

4tbsp margarine

2tbsp coffee

1½ packet icing sugar

2tsp vanilla sugar

1tbsp cacao

How to make:

Warm up the oven in 175grade. Mix bottom ingredients together with mixer. Use melted margarine. Bake in oven 5-7 minute. Let the base cool of. Mix the filling ingredients together. Use hot coffee and melted margarine and spread flat on the bottom. Sprinkle some sprinkles on top if you want.

Iris and Ninni

Chocolate muffins

100g butter
4 eggs
2 dl sugar
4 tbsp cocoa powder
200g dark chocolate
1 ½ flour
2 tsp baking powder



Mix eggs and sugar, to chewing foam. Add foam melted butter. Strain cocoa powder into the flour and mix. Add the crushed chocolate to the mixture. Stir the mixture gently while lifting the dough. Divide the dough into 12 large muffin cups and fry <3

Fan-assisted oven 200

Settings: Medium

Cooking time: About 20 min

By Saana

Blueberry pie

By: Emilia

Bottom

100g of fat

3 quarters dl of sugar

1 egg

1 tsp of baking powder

2 and a half dl of wheat flour

Filling

200g of sour cream

half dl of sugar

1 egg

1 tsp of vanilla sugar

Filling:

Blueberries

Instructions

Foam the fat and sugar

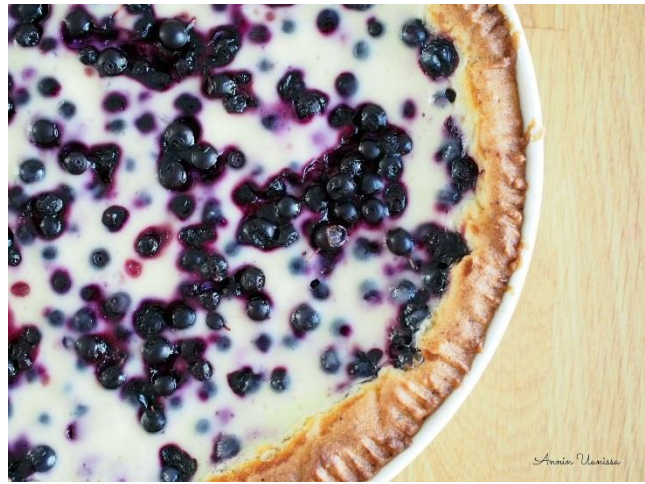
Add egg and sugar and mix

Add baking powder and mix dough with beater

Press the dough to anointed dish to the bottoms and the edges

Spread the filling over the bottom of the dough

Fry the pie in the bottom of the oven in 175-200 degree of heat for half hour



Blueberry pie

2	egg
1 ½ dl	sugar
2 tsp	Vanilla sugar
3 dl	Wheat flour
1 ½ tsp	Baking soda
1 ½ dl	Butter
1 dl	Milk

First beat egg's structure broken in a bowl. Add sugar and flour. Add milk and mix.

Pour the batter into the casserole dish.

Sprinkle on the surface blueberries.

Bake in two hundred degrees. Oven at the bottom 25-30 min.

Serve with vanilla sauce.

By: Lenni P.

Production time 30-60 min

blueberry pie
Finnish: mustikkapiirakka

Component

bottom:

150 g margarine

1,5 dl sugar

one egg

3 dl flour

1 tsp vanilla sugar

1 tsp baking powder

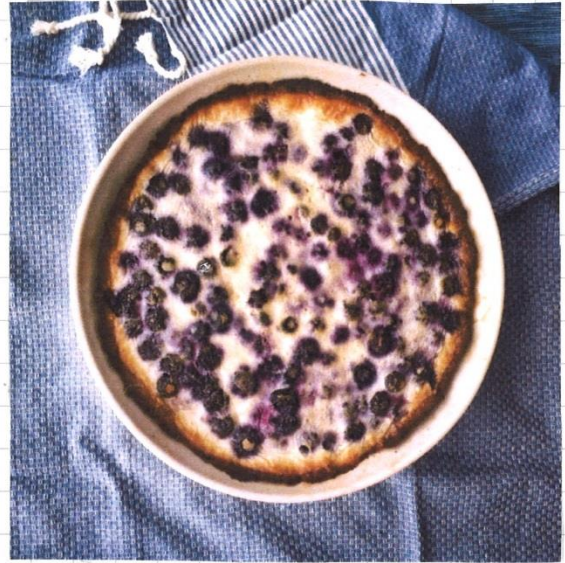
400 g blueberry's

crumb dough

100 g margarine

1 dl sugar

2 dl flour



Indication: mix sugar and soft margarine together. Second others substance and mix dough smoothly. Spread dough grease casserole large Piecasserole bottom. Pour blueberry's Piecasserole and spread them smoothly. Make crumb dough crumble all component crumb and sprinkle blueberry's on. Fry pie 200° grade about 30 min.

Serve with Vanilla ice cream or vanilla sauce.

~ Nora

a blueberry pie ☺

base

- 100g margarine
 - 1dl sugar
 - 1 egg
 - 2 dl Wheat flour
 - 1 dl ground almonds
 - 1 tsp baking powder
 - 1 tsp orange peel
-

instruction

Froth sugar and smooth margarine.
Add an egg and keep frothing. Mix flours
and baking powder and mix them with
egg-sugar-foam. Put the dough to the pie
casserole.

Spread the blueberries to the base of
casserole. Mix all other ingredients and pour
then top of the blueberries. Fry in 180°C
in the oven about 25 min.

Senni