

FINNISH SALMON SOUP

Food in Finland largely consists of the staple ingredients of potatoes, rice, bread, root vegetables, and meat. Due to the vast lakes and surrounding sea, there is also an abundance of fish, salmon being particularly popular with Finns.

1/4 cup butter
1 leek, trimmed & sliced (about 2 cups)
4 cups fish stock or fish stock cubes
1 pound potatoes, cubed (2-3 cups)
1 carrot, sliced (about 1½ cups)
1 pound salmon, cut into large pieces
1 cup cream
Salt
Freshly ground pepper
Chopped dill

In a large saucepan, melt the butter, add the leeks and cook, stirring for 5-6 minutes.

Add the stock, potatoes and carrots. Bring to boil and cook for 10-15 minutes, until softened, depending on the size of the vegetables.

Add the salmon and cream and bring to a simmer. Cook for 5-6 minutes, until salmon is cooked through. Season with salt and pepper.

Divide the soup among serving bowls and top with dill.

OVEN RICE PORRIDGE WITH COCONUT MILK

In a kettle or a ceramic bowl with a lid, mix:

2 cups of rice, medium grain
Coconut milk 1-2 cups
Water to fill the kettle
1 table spoon of salt (to taste)

Place in the oven for 1 hour at 200° Celsius (400° Fahrenheit).

Take out to stir and add 20 more minutes.

Serve with cinnamon, sugar, and milk to taste or a fruit soup or raspberry or apple or any other jam or fresh fruit.

CRISPbread SNACKS

Using Wasa's light rye crispbread, spread butter or spreadable cheese with garlic, herb taste.

Add slices of dill havarti, gouda cheese or cheese your family likes with curls of turkey slices or ham slices.

Add tiny tomatoes or cucumber on top and garnish with dill or parsley.

Makes a great lunch or evening snack and gives family time to enjoy each other's creations while chatting with each other.