Cooking around the World 6.3.19 – Finland, with Heljä Antola Crowe

**FINNISH OVEN PANCAKE (PANNUKAKKU)**

*From https://www.thespruceeats.com/finnish-oven-pancake-pannukakku-2952838*

Pannukakku is the premier pancake of Finland. It is a wonderful dish to prepare when you're craving pancakes but don't want to spend a lot of time flipping at the griddle.

6 eggs

1 1/2 cups milk

Optional: 1/4 cup sugar (white)

1 Tablespoon vanilla sugar (or 1 teaspoon vanilla extract)

1/8 teaspoon lemon zest (grated)

1 1/2 cups flour (all-purpose)

1 teaspoon salt

1 teaspoon baking powder

1/3 cup butter

Optional: whipped cream, fresh fruit, fruit compote or sautéed apples

1. In a bowl, whisk together the eggs, milk, sugar, and vanilla sugar (or vanilla) until creamy. Stir in the grated lemon zest.
2. In a separate bowl, sift together flour, salt, and baking powder. Stir into the egg mixture. Allow the batter to rest for 30 minutes.
3. Preheat oven to 450 F.
4. When pancake batter has rested, place butter in an oven-proof frying pan or pie plate. Place the pan in the oven and allow the butter to melt without browning (watch carefully).
5. Once your butter has melted, remove the pan from the oven. Use a pastry brush to coat the surface and side of the pan evenly with the melted butter.
6. Pour pancake batter into the hot, buttered pan and return to the oven.
7. Bake for 15 minutes, or until puffed and golden.

While you can certainly enjoy this delicious pancake on its own, you can make it even more delicious with a sweet topping. Try it with whipped cream and fresh fruit, berries, fruit compote, or lightly sautéed apples.

**FINNISH POTATO FLAT BREAD**

*From http://honestcooking.com/finnish-potato-flat-bread-rieska-recipe/*

300g (1 1/2 cup) mashed potato, cooled
100g (3/4 cup) whole spelt flour or barley flour
1 large egg
pinch of salt

1. Preheat oven to 220C/428F.

2. Mix all the ingredients in a bowl and divide the dough into 4 portions.

3. Place the portions on a baking tray lined with baking paper and flatten each portion with flour dusted fingers into a round disk.

4. Prick the breads with a fork and bake for 15 minutes.

5. Serve warm with butter, smoked or cured salmon, and fresh dill.

**SUOMEN MAKARONILAATIKKO**

*From https://www.geniuskitchen.com/recipe/finnish-macaroni-casserole-suomen-makaronilaatikko-427599*

Ready in: 1 hr Serves: 6

Tablespoon oil (for frying)

1 1⁄2 lbs ground beef (or combination of ground meat)

1 onion, finely chopped

2 cups cooked macaroni

2 cups milk

3 eggs

1⁄4 teaspoon nutmeg

3⁄4 cup cheddar cheese, grated

Salt & Pepper

1. Heat oil in skillet and brown the ground beef with the chopped onion.
2. Preheat oven to 425 F. Grease or spray oil in an oven proof casserole dish. Add the cooked macaroni and meat/onion mixture.
3. Whisk together milk and eggs; add the nutmeg and about half of the cheese. Pour this mixture over the macaroni and meat in the casserole. Top with the remaining cheese and bake in the preheated oven for approximately 40 minutes, or until the cheese is golden brown and the casserole is heated throughout. Serve with ketchup.