

FINNISH AUTUMN DISHES:

Chanterelle Soup



3 tbsp butter
50 ml chopped onion
400 g fresh chanterelles, chopped (or 150 g canned)
3 tbsp flour
800 ml vegetable stock
200 ml whipping cream or heavy cream
Salt and freshly ground black pepper
50 ml parsley, chopped

Sauté the onion and mushrooms in butter. Stir in the flour. Pour in the vegetable stock, continuously stirring. Simmer for 15 minutes. Add the seasoning and cream. Bring to the boil. Sprinkle with parsley just before serving. Serve with toast and butter.

Baked onions



Photo from Mysi Lahtinen's cookbook, Kaalinpää ja ½ kiloa jauhelihaa

16 small onions

8-10 dl chicken stock
1-2 stems of thyme or 1tsp dried thyme
1 bay leaf
2 tbsp butter
1 tbsp honey
1½ dl stock used for cooking the onions
150g blue cheese

Heat the oven to 200 C. Heat the chicken stock. Add thyme and bay leaf. Place the whole, peeled onions to the boiling stock and let them simmer for 10 minutes. Drain the onions and save the stock. Melt the butter and the honey in a pan and fry the onions turning them around while they turn light brown. Butter a suitable size oven pan and place the onions there. Pour the honey-butter mixture on top. Heat 1½ dl of the cooking stock and melt the cheese there. Pour the mixture between the onions.

Place the pan in the heated oven for 15 minutes. Lower the temperature into 175 and drizzle the onions with the stock in the pan. Let the onions cook for another 30 minutes and drizzle from time to time. Serve with dark bread and beer.

Potato Salad



500 g firm potatoes
A pinch of salt
Half a leek
2-3 pickled cucumbers
2 large apples

Dressing:

1 jar of plain yoghurt or crème fraîche (or sour cream)
1 tbsp strong mustard
1 tsp herbal salt
A pinch of curry

Cook the potatoes in their peel until tender. Peel and cut into small cubes. Chop the split, rinsed leek. Cut the pickled cucumbers and apples into small cubes. Mix the dressing ingredients and combine with the salad. Check the taste. Allow to settle in a refrigerator for a couple of hours before serving. Garnish with dill.

Burgers with Beetroot – “Lindström’s Burgers”



Photo by: Finfood Meat Information / Studio Piquant, Sanna Peurakoski

400 g minced meat
1 tsp salt
Black pepper
2 medium-sized potatoes, boiled
1 egg
100 ml milk or beef stock
1-2 medium-sized pickled beetroots
1 onion
2 tbsp capers
Oil or butter for frying
Serve with:
Pickled cucumber
Plain yoghurt or crème fraîche sauce

Season the meat with salt and pepper. Peel and grate the potatoes. Add the grated potatoes, egg and milk into the meat. Chop the beetroot and onion. Add them with the capers into the meat batter. Mix carefully. Make small chubby burgers and fry quickly in butter in a hot pan, about 2-3 minutes on both sides. Serve the burgers with plain yoghurt or crème fraîche sauce, pickled cucumbers and mashed potatoes.

Fried Baltic herring for four

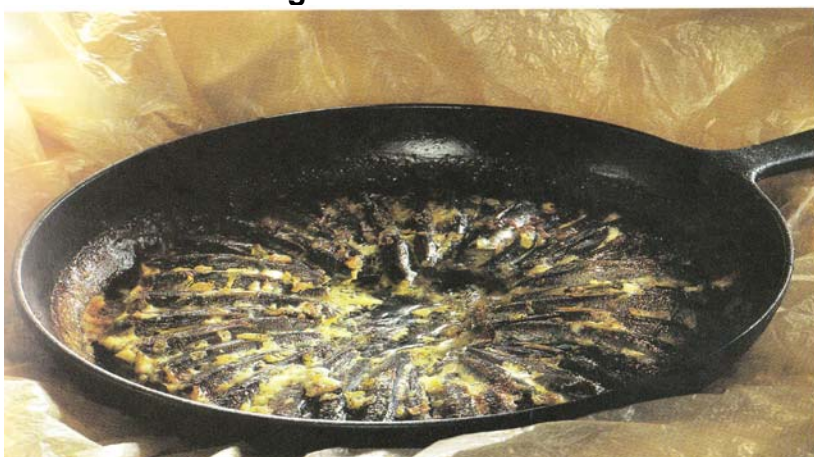


Photo from Mysi Lahtinen's cookbook: Kaalinpää ja ½ kiloa jauhelihaa

1 kg fresh Baltic herring
fine sea salt
white pepper
butter for frying

Gut the fish and remove the heads, leave the bone. Rinse the fish and let it drain well. If the fish is too moist, it won't brown nicely. Sprinkle some sea salt and white pepper inside the fish. Be careful! Let the fish season for a half an hour in a sieve. Melt a reasonable amount of butter on a frying pan. Let the butter turn light brown and foamy, place the herrings on the pan so that they don't touch each other. Fry the herrings golden brown on both sides. If you are not sure whether the fish is done, take a hold of the fin. The fin will come off easily when the fish is done. Serve with mashed potatoes with some butter on top.

Partridge in a pot

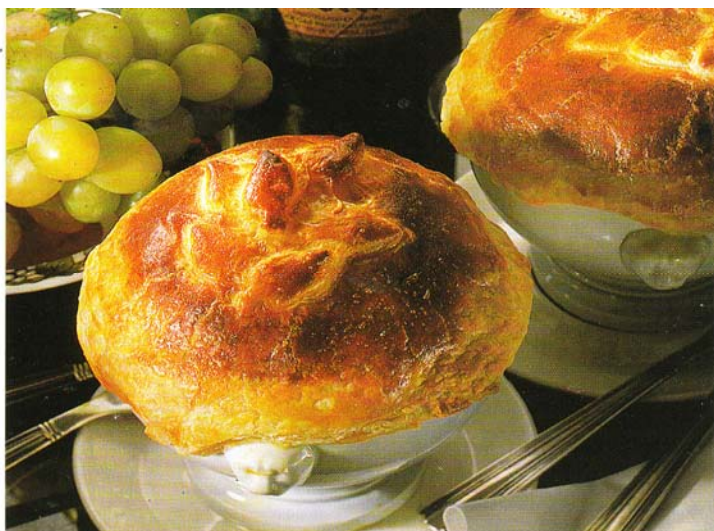


Photo from Glorian toinen ruokakirja, 1996

One pot for each, (this recipe serves four)

2 partridges

½ carrot

1 small onion

5-6 juniper berries

Sauce:

1dl of partridge cooking stock

3dl double cream

1tbsp soft butter + 1tbsp wheat flour

2tsp blue cheese

2tsp black current gel

salt, white pepper

4tsp goose liver (or some other liver) paté

1 apple

100g funnel chanterelle (yellow mushrooms)

butter

Dough: ready made puff pastry 500g

Spread with 1 egg

Brown the cleaned partridges all over in a cast iron pot. Add chopped carrot, onion and the juniper berries. Pour about 2dl of water on top and let them simmer under a lid for about an hour in 180C oven. Take the birds out of the pot, sieve the stock and let the birds cool down. Make the sauce. Cook the partridge stock and the cream for a while and beat in the butter-wheatflour mixture. Let the sauce simmer for 10 minutes. Season with gel, blue cheese, salt and white pepper. Sieve the sauce. Cut the apple into small cubes and cut the mushrooms into small pieces. Stir the apples and the mushrooms in butter for a while and let them cool down. Remove the breast meat from the birds and spread some goose liver on top. Place the meat in four separate pots (see the picture), pour the mushroom-apple mixture on top as well as the sauce. Roll out the puff pastry and cut out four circles, at least 2cm larger than the pot. Spread the sides of the pots with some egg and press the pastry on top of the pots. You can make decorations on top of the pastry from the rest.

Spread with egg and cook in 180C for 20 minutes or when the pastry is golden brown. Serve in the pot with salad and black current gel. Also rice is good with this dish.

Cranberry dessert cream (Karpalokiisseli)



1 liter cranberry juice (real 100% juice is best)
1-1½dl sugar if the juice is unsweetened
5tbsp potato flour
a few whole cranberries
whipped cream, optional

Place the juice, sugar and flour into a kettle. Heat the mixture while stirring. When the mixture boils for a few times, remove from the stove and pour into a serving bowl or small glasses. Sprinkle some sugar on top. Serve cold and garnish with some whole cranberries and whipped cream.

Traditional Finnish Buns



500 ml milk
2 tsp salt
200 ml caster sugar
1 tbsp cardamom
1.2 – 1.4 litres of plain white flour
50 g fresh yeast
200 g butter or margarine
1 egg for glazing

Make sure that all the ingredients are at room temperature. Dissolve the salt, sugar, cardamom and fresh yeast into the warmed up milk. Set aside approx. 200 ml flour. It should be added at the very end. Knead the dough for a while to improve elasticity. Finally, add the soft butter or margarine and continue kneading until the dough is smooth. Add the rest of the flour, if necessary. When making small buns, the dough can be softer than when making a twist. Place the dough into a bowl, tightly covered with plastic and allow to rise until doubled. Shape into buns and/or twists. Brush the swollen buns with a beaten egg and sprinkle with coarse sugar, caster sugar and/or almond flakes. Bake the buns at 225°C (440F) for 10-15 minutes, and the twists at 200°C (400F) for 20-25 minutes, depending on the size. Serve with a cup of coffee or with a glass of milk.