Soups / Finland

Lohikeitto



Finnish salmon soup with potato and cream, a heap of dill and a knob of butter in the bowl.

Time 60 min **Servings** 4

What you'll need.

- ☐ 500 g Salmon fillet — in 3 cm cubes
- ☐ 500 g Salmon head and bones
- ☐ 500 g Waxy potatoes — diced
- ☐ 1 piece Leek
- ☐ 1 piece Carrot
- ☐ 250 ml Single cream
- ☐ 8 piece Allspice berries
- ☐ 2 piece Bay leaves
- ☐ 40 g Dill
- ☐ 40 g Butter
- ☐ Salt — to taste

Let's make it.

01 Cover the head and bones with a litre and a half of water, add the allspice and bay, and simmer twenty-five minutes, skimming. Strain it.

02 Fry the leek and carrot in butter for five minutes without letting them colour.

03 Pour in the strained stock, add the potato and cook fifteen minutes until soft.

04 Add the cream and warm it without boiling. Season.

05 Slip in the pieces of salmon and hold them at a bare simmer for exactly five minutes. The fish should stay in whole pieces.

06 Ladle into bowls and add a knob of butter and a generous handful of dill to each.

Recipe & provenance UniTools / UniTools — theunitools.com / CC BY-SA 4.0.
Original recipe and attribution CC BY-SA 4.0
Photo: aiko99ann / CC BY-SA 4.0 / UniTools. Cropped to fit this page.
recipes.dvs-services.be / lohikeitto