

Lohikeitto – Finnish Salmon Soup

Ingredients:

Difficulty: Easy
(serves 4)

1 tbsp butter (or olive oil, if you prefer)
1 onion, diced
6 potatoes, peeled and cut in big cubes
500 gr. salmon (no skin), cut in cubes (not too small cubes)
1 lt fish broth (or 1 lt water and 1 fish stock cube, but I do not like those stock cubes..)
4-5 bay leaves
200 ml milk (you can use cream instead of milk if you make it creamier)
pinch of salt
pinch of black pepper
pinch of allspice (maustepippuri in Finnish)

Optional:

a few sprigs of dill (for me, this is "wwwwwww!")

Instructions:

1. In a medium pot, put butter (or olive oil) and onion. Saute the onion until it is translucent.
2. Add potato, stir a bit, then add warm water just enough to cover the potatoes.
3. Set the heat to medium high, cover the lid of the pot and cook potatoes until they start getting soft, but not too soft.
4. Add salmon, stir.
5. Add fish broth and bay leaves, stir and let salmon cubes cook - it will be quite quick, about 5 minutes.
6. Once salmon is cooked, add milk (or cream), salt and spices and stir. Be careful and do not crush the soft, cooked potatoes and salmon while stirring. Once it is well mixed, take out of the heat and let it rest for 10 minutes before serving. Add fresh dill on the plates if you want to, if you absolutely have to, if you must do such a thing... Enjoy!