



# Lohikeitto Recipe

(Finnish Salmon Soup)

Source: [foodandjourneys.net/](http://foodandjourneys.net/) Bob and Robin young, Boise, ID

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PDF: CS-Salmon-Chowder.pdf

Note: You have two of the most-loved ingredients in Finland for this fish soup -- dill

and salmon. Add some cream and vegetables in there and you'll have a delightful bowl of *Lohikeitto*; give this easy salmon soup recipe a try! Also known as Salmon Chowder.

Prep: 15 min

Cook: 25 min

Total: 40 min

Serves: 6

## Ingredients:

3 T unsalted Butter

1 pc leek, thinly sliced, only white/lighter part

1 med Carrot, diced

3 med Potatoes, diced

5 c Fish Stock

1¼ lbs Salmon Fillet, cut into cubes and skinless

¾ c Heavy Cream, double cream

¾ to 1 c fresh Dill, roughly chopped

Celtic Sea Salt and fresh ground Tellicherry Black Pepper, to season

## Directions:

Start preparing your *lohikeitto* by placing a medium-sized (or large pan) over medium heat. Add butter. Once the butter has completely melted, add thinly sliced leek. Cook until slightly soft.

Add carrot and potatoes. Mix. Add fish stock. Cover pot with a lid, adjust heat to medium-high, and bring to a boil. Adjust heat back to medium-low and simmer your salmon soup until vegetables are almost cooked. Add salmon fillet cubes and heavy cream. Mix to combine.

Turn the heat back to medium. Cover with a lid and continue cooking *lohikeitto* for 4 to 5 minutes. Season by adding salt and pepper. Mix. Add dill to finish your *lohikeitto*. Turn heat off.

Cover with a lid and keep covered for 2 minutes.

Serving *lohikeitto*: Transfer to individual bowls.

*Garnish lohikeitto* with more freshly chopped dills, if desired.

Serve.