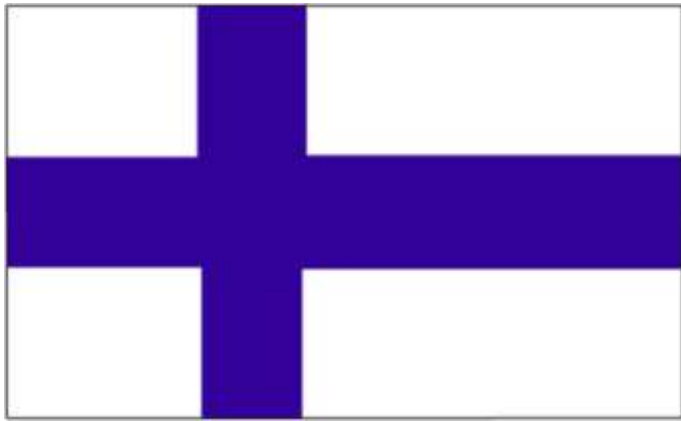


Finnish & Turkish Cookbook



**Oulu International School
&
Kizilirmak Anatolian Teacher Training
Secondary School
Comenius Project 2009**

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Introduction

This recipe book was created as part of the Comenius Project between Oulu International School, Oulu, Finland and Kizilirmak Anatolian Teacher Training Secondary School, Bafra, Turkey. OIS hosted the visit by Turkish students in April 2009, and during this time a huge variety of food was prepared and greatly enjoyed by students and staff involved.

We would like to thank everyone involved – teachers, students, assistants, host families – for helping us in this venture. A special thanks to Marja Peedo and Taykan Sökmen, who organized and made this trip possible.

We hope you enjoy the recipes as much as we did.

OIS Editorial Team.

Seymanur's Dry Dough with Walnut

Ingredients

- 300 g dry dough
- 2 glasses of walnut
- 2 tbsp spoons butter
- ½ dl sugar

pudding

- 1 glass sugar
- 1 glass oil
- 1 glass flour
- 1 l milk
- Vanilla



Crumble the dry dough. Fry it with butter until the dough turns pink. Bash the walnut and add them with the sugar into the adding walnuts and sugar into dry dough. Continue frying.

The Pudding

Pour the oil with flour into a large saucepan and fry. Pour the milk and mix it until it becomes pudding. Turn off the gas. Mix the pudding with a mixer.

Roll half of the dry dough flat and place it into a casserole. Pour the pudding on the dough it. Roll the rest of the dough and place it on top of the pudding.

Sprinkle vanilla on the ready outcome.

Burcu's Asure/ Noah's

Pudding

It is very common to cook Asure in Turkey during the first month of the lunar calendar.

The story of this dessert is as follows: When Prophet Noah's ark came to rest on Mount Ararat, he did not have enough food. He put everything they had together and cooked Asure!

It is believed that cooking Asure will bring blessings to the household for the year.

We share it with neighbors and friends as much as possible and spread the joy!



Ingredients

- 1 cup wheat
- 1 cup chickpeas (fresh or canned)
- 1 cup garbanzo beans (or regular beans)
- 1 cup raisins
- Almonds, peanuts
- Dried apricots, figs, other dry fruits and nuts according to taste
- Apple, orange, and/or orange peels according to taste
- 5 cups sugar
- Water (enough to cover the pudding)
- Walnuts, cinnamon, almonds, pomegranate etc. for topping

Instructions

Soak the wheat, chickpeas and garbanzo beans in water overnight.

Boil them in separate pans. After they are cooked, mix them in one big pot and add the dry fruits and nuts that have been in the water for while and been cut into small pieces.

Add the raisins to the mixture along with the sugar and boil for an additional 10-15 minutes.

Serve with toppings. You can add more/less water depending on your preference.

Afiyet Olsun, Good Appetite

Burcu's Malzemeler

- 250 g dana eti
- 3-4 adet domates
- 2 adet iri soğan
- 2 dis sarımsak
- 1 yemek kasığı tereyağı
- Sarımsaklı yoğurt
- 1 veya
- 2 pide ekmeği
- 2-3 yemek kasığı sıvı yağ, tuz



Yapılış Tarifi

Eti doner eti inceliğinde doğrayın, tavaya sıvı yağı ve doğramış olan etleri ilave edip kısık ateşte pisirin. Diğer taraftan domatesleri, soğanları, iki dis sarımsağı küçük bir tencereye rendeleyin bir tutam tuz ekleyerek kaynatın, susuz gelirse az bir miktar su ilave edin. Etler suyunu çekince biraz tuz ilave edin ve kısık ateşte kızarmasını sağlayın. Pideleri fındık büyüklüğünde kup kup doğrayın servis tabağına paylaştırın. Kızarmış olan etleri servis tabağında pidelerin kenarına paylaştırın, hazırladığınız domates sosunu, sarımsaklı yoğurdu ve isteğe göre kızartığınız tereyağını sırayla pidelerin üzerine yayın.

Ingredients

- 400 g doner kebab slices
- Cayenne pepper
- 2 round pide breads
- 4 large green chili peppers

- 50 g tomato purée
- 2 large tomatoes
- 500 g yogurt
- 4 large garlic cloves
- 50 g butter
- salt to taste

Instructions

Preparation Time: 30 minutes / Cooking Time: 20 minutes.

- 1. Warm the breads by placing them on a barbecue grill. When all the other ingredients are prepared, slice the bread into 3 cm squares, divide into 4 portions and place as a layer on each plate.**
- 2. Crush the garlic and add to the yogurt, mix well adding a little salt to taste. Spoon onto the pide squares just before adding the doner kebab slices.**
- 3. Heat the doner kebab quickly and make sure they don't become too dry.**
- 4. Cut the tomatoes in half and grill them and the green chilies slowly until hot, but do not allow them to overcook or become too soft.**
- 5. Mix the tomato purée with the olive oil and cayenne pepper and heat in a small pan on the grill. Add salt to taste.**

Büşra's Ezoqelin Soup

Ingredient

- 1 cup red lentils
- 6-7 cups water
- 1/2 cup fine bulgur
- salt to taste
- 1 middle sized onion
- 2 tbsp tomato paste
- 1/2 tsp hot pepper sauce or paste
- 2 tbsp olive oil
- 1 tsp red pepper flakes



Directions

Peel, wash and mince the onion. Place it in a kettle. Add the olive oil and sauté the onion.

Wash the red lentils and add them into the kettle together with the bulgur, tomato paste, pepper sauce and salt. Cook them until the lentils and the bulgur are soft. Let them boil for a few minutes and turn off the heat.

Pour the soup in plates and decorate top with red pepper and peppermint flakes.

Serve it hot.

Serves four.

Çiğdem's Ciğ Köfte (Raw meatballs)

Ingredients

- 500 g grounded leg of mutton (without fat)
- ¼ tsp spice mix
- 250 g fine bulgur
- ½ tsp cumin
- 2 firm tomatoes
- 500 g onion petioles
- 1 bunch parsley
- 1 ½ tsp salt
- ¼ tsp black pepper
- ½ tsp hot red pepper
- Lettuce



Intructions

Wash and drain the bulgur. Grate the onions, chop the parsley and mix them together. Skin and dice the tomatoes and add to the onions and parsley. Put the salt, black pepper, red pepper, spice mix and cumin into the mixture, and blend by mixing by hand a couple of times and set aside. Put the meat and bulgur on a large tray and make into a apste by kneading.

Moisten hands with cold water occasionally while kneading. Add the prepared mixture of onion, tomatoes and spices to the meat and knead to make a paste. Take small pieces of the mixture and press with the palm to flatten it, and put on a serving plate. Decorate with lettuce and parsley before serving. It is recommended that you prepare raw meatballs just before serving, because if they are allowed to stand for a long time, the taste is spoiled.

Funda's Keskek

Ingredients

- 1 tbsp
sunflower oil
- 1/4 tbsp salt
- 3 tbsp
margarine
- 2 large onions
- 1/2 tbsp
cinnamon
- 1 kg mutton
neck
- 1 kg soft, white wheat



Instructions (Serves six)

Soak wheat in cold water and allow to stand for 8 hours. Cut the mutton neck into four or five pieces. Put the wheat, the mutton neck and enough water to cover into a saucepan, and boil until the wheat and meat become tender. Strain and bone the necks. After straining the wheat, add the meat and salt and blend well with a wooden spoon. Dice the onions and sauté in sunflower oil until golden. Drain the onions and add to the meat and wheat, and blend with a wooden spoon until the mixture becomes pasty. Top with melted butter and cinnamon before serving.

Keskek is a traditional Turkish dish that is still served in many regions in Anatolis, especially at wedding feasts, and more recently, in luxurious restaurants which serve Turkish specialities and have included Keskek on their menus.

Kazal's Turkish Manti

Ingredients

Dough

- 2 cups all-purpose flour
- ½ tsp salt
- 1 egg, lightly beaten

Filling

- 1 small onion, grated
- 1 pound ground beef or veal
- 1/3 cup chopped fresh Italian parsley
- Salt
- Freshly ground pepper

Yogurt and garlic sauce

- 2 cups yogurt, at room temperature
- 2-3 tsp minced garlic
- salt (optional)

Pepper topping

- 2 tbsp butter
- 1 tsp Aleppo pepper
- Pinch of sumac (optional)



Instructions

Prepare the dough by making a hole in the flour, adding the salt, egg, and ¼ cup of water in the centre. Using your fingers, work the ingredients together until a dough is formed. If needed, add more water a spoonful at a time. Knead the dough on a lightly floured surface until smooth and elastic. Gather into a ball, place in a bowl, cover, and let rest for an hour.

Prepare the filling by mixing together the grated onion, meat, parsley, salt, and pepper to taste in a bowl. Set aside. In another small bowl combine the yogurt and garlic, with salt to taste. Let alone at room temperature until ready to use.

Divide the dough into 2 balls. Roll out one ball of dough at a time on a lightly floured surface until very thin (about half cm). The secret of good dough is to roll it in different directions, not just in one direction. Cut strips 2.5 cm wide, then cut into 2.5 cm squares. Place about a ½ teaspoon of filling in the center of each square. Bring the four corners together over the filling and pinch to seal. Continue making manti until all the dough and filling are used. Place the manti on a lightly floured surface to lightly coat them.

Bring a large pot of salted water to a boil and cook half of the manti. As soon as they are cooked they will rise to the surface. Remove them from the kettle with a slotted spoon and place in a serving bowl or individual bowls with a tiny bit of the cooking liquid. Cover to keep warm while cooking the remaining manti.

Pour most of the yogurt sauce over the manti saving the rest to pass in a serving dish. Quickly heat the butter in a small skillet and when the butter is sizzling hot, quickly add the pepper, mixing well. Remove from the heat and drizzle over the yogurt sauce. Sprinkle with sumac according to taste. Serve manti at once with yogurt sauce. Manti can be frozen.

Rümeysa's Vine Leave Wraps with Olive Oil

Ingredients

- 2 tbsp pine nuts
- ¾ tsp black pepper
- ¾ tsp cinnamon
- ¾ cups olive oil
- 10-15 leaves of fresh mint
- 6 big onion
- 1 small bunch of dill
- 3 tsp salt
- 1 small bunch of parsley
- 2 2/3 cups water
- 2 tbsp currants
- 150 g vine leaves
- 1 1/3 cups rice
- ½ tsp spice mix
- 2 tsp sugar
- 2 tbsp lemon juice
- 1 medium size lemon
- Nuts



Instructions

Serves six.

Wash the vine leaves and remove the coarse stems. Put the water and a teaspoon of salt in a kettle. Bring to boil and add half of the leaves.

Simmer them for 4-5 minutes, turning over once. Simmer the other half in similar fashion. Measure the cooking liquid and complete it to 2 3/4 cups and set aside.

Peel the onions, wash and chop finely, place in a kettle together with oil and nuts, cover and sauté for 20 minutes over low heat, stirring occasionally. Stir a few times with the lid removed so that the nuts become brown. Wash and drain the rice and add to the pot and stir a couple of times. Add the remaining salt, sugar and the 1 3/4 cups of the hot cooking liquid, stir and sprinkle with currants. Simmer it on first medium and then low heat for 10-15 minutes, until all the liquid is reduced. Wash the parsley and the dill and remove the stems and chop finely. Add them to the cooked rice together with mint, spices and the lemon juice and leave covered for 10 minutes. Place the vine leaves so that the side with veins face inside when wrapped. Place the prepared filling to one side, fold the side edges over the filling and then wrap it. Cover the bottom of a shallow saucepan with vine leaves and the removed parsley and dill stems and place the wrapped vine leaves over them.

Place a heat-proof flat plate over the leaf wraps (dolmas). Heat the remaining boiling liquid and add to the pan slowly, pouring from the edge of the dolmas. Cover and simmer over low heat for 50 minutes. Transfer to a serving dish when cool, and garnish with lemon slices.

Seda's Kısır (Cold Bulgur Salad)

Ingredients

- 1 cup bulgur, finely ground
- 1 tbsp pomegranate juice
- 2/3 cups boiling water
- Salad greens, or boiled grape leaves
- 1 large onion, finely chopped
- Tomato slices, or pickles

Instructions

Put the bulgur in a bowl and stir in the water, a few spoonfuls at a time. Cover and let rest for 15 minutes at room temperature.

Add onion to bulgur

and combine thoroughly. Stir in the other ingredients, seasoning to taste.

Line a serving dish with salad greens or boiled vine leaves and top with the bulgur mixture. Garnish with sliced tomatoes or pickles. Serve at room temperature.



Adana's Kebab

Ingredients

- 3/4 pound ground lamb
- 2 tbsp unsalted butter, cut into tiny pieces
- 3/4 pound ground veal
- Extra virgin olive oil, melted unsalted butter, or vegetable oil for brushing
- 2 tsp cayenne pepper, or more to taste
- 2 medium onions, peeled and sliced
- 2 tsp freshly ground coriander seeds
- 1 tbsp sumac
- 2 tsp freshly ground cumin seeds
- Finely chopped fresh parsley leaves for garnish
- 2 tsp freshly ground black pepper
- Salt to taste
- 2 pide bread (see note below)



Instructions

1. In a large bowl, knead the lamb, veal, cayenne, coriander, cumin, pepper, salt, and butter together well, keeping your hands wet so the meat doesn't stick to them. Cover and let the mixture rest in the refrigerator for an hour.

- 2. Prepare a charcoal fire or preheat a gas grill on medium-low for 15 minutes. Form the meat into patties about six inches long and two inches wide. Grill until the köfte are springy to the touch, for about 20 minutes, turning often.**
- 3. Meanwhile, brush the pide bread with olive oil, melted butter, or vegetable oil and grill or griddle for a few minutes until hot but not brittle.**
- 4. Arrange the köfte on a serving platter or individual plates and serve with the pide bread, sliced onions, a sprinkle of sumac, and chopped parsley as a garnish.**

Note: Turkish style pide bread is not the pocket bread we know as Arabic bread or pita bread. It is a flatbread, though, that needs to be warmed before using, usually to wrap foods in. It can be replaced with pita bread, of course, or even Indian nan bread that you might find at an Indian market. Pide bread can be found in Greek and Middle Eastern markets (often in the frozen food section).

Makes 4 servings.

Baltic Herring Steaks

0,5 kg Baltic Herrings or

500g Baltic Herring fillets

0,5 dl rye flour

1 tsp salt

¼ tsp ground white pepper

For the filling:

salt and white pepper

chopped dill

and / or chopped chives

○ **For frying:**

butter or margarine



<http://www.aamulehti.fi/teema/syotavanhyva/6879681-big.jpg>

If you are using whole Baltic Herrings, clean them and remove the bones. Rinse with cold water. Mix the rye flour, salt and pepper on a sheet of greaseproof paper. Place half of the fish fillets on the paper, skin down. Sprinkle some salt and pepper on the fillets first and then the chopped dill and chives. Place the other fillets on top of the first ones. Sprinkle with a flour-spice mixture. Heat the butter in a frying pan and fry the fish steaks for about 3–4 minutes on both sides over medium-high heat. Serve with boiled potatoes.

Poor Knights (French Toast)

- 1 slice of white bread or toast per person
- 1 egg
- 3 dl milk
- pinch of salt
- For frying:
- butter or margarine



<http://mediaserver-2.vuodatus.net/g/33869/1794508.jpg>

For serving:

- lingonberry jam (and whipped cream)

Cut a thick slice of bread for each person. Whip the egg and mix in the milk and a pinch of salt. Dip the slices in the milk and egg mixture.

Fry until golden brown on both sides. Serve hot, topped with lingonberry jam. If you serve them with whipped cream, the "Poor Knights" become "Rich Knights".

Blueberry Rye Pie - “Blueberry

Rooster”

- 200 g butter
- 1 dl sugar
- 4 dl rye flour
- 1 tsp Baking Powder



Filling:

- 4 dl blueberry
- 1-2 dl sugar

2 tablespoon potato flour

http://www.yhteishyva.fi/ruokamaailma/reseptit/leivonnaiset_1_p/fi_FI/mustikkakukko/_files/75593747289800764/default/r_mustikkakukko_tv_0806.jpg

Mix the sugar, flour and baking powder together. Add the soft butter, stir until smooth and even.

Butter a baking mould with high sides. Press $\frac{3}{4}$ of the dough onto the base and sides of the mould. Pour the blueberries into the mould and sprinkle with sugar. Roll out the remaining dough onto a plate and use your fingers to cover the “rooster”. Bake at 200°C (400F) for about 1 hour. You may make individual “roosters” in small ovenproof moulds.

Water Bagels

- 2 tablespoon of dry yeast
- ½ l warm water
- 2 teaspoons of sugar and salt
- ½ dl melted butter
- circa 12 dl of flour
- Sprinkle bagels with sesame or poppy seeds before baking.

For boiling:

- 1l water
- 2 tablespoons salt

Dissolve the yeast in the water in a large bowl. Add the sugar, salt, butter and flour, and stir to form a soft dough. Turn the dough out onto a lightly floured board and knead until it is smooth and elastic, about 10 minutes. Cover the dough with a lint-free towel and allow to rise for 15 minutes. Flatten the dough, then roll it out to a thickness of one inch, and about 12 inches long and 6 inches wide. Cut it into strips 12 inches long and one inch wide. Roll the strip between your hands into a cylinder about one-half inch thick. Cut each cylinder in half crosswise, form each half into a ring, and pinch the ends together to form closed circles. Meanwhile, bring the water to a boil in a large pot and preheat the oven to 250 C. Place the bagels, four at a time, into the boiling water. Reduce the heat and simmer for seven minutes. Remove the bagels, drain well, and place on baking sheets. Bake for 10 minutes or until golden brown.



http://www.finecooking.com/CMS/uploadedImages/Images/Cooking/Articles/Issues_41-50/fc43rn068-02.jpg

Finnish Fish Soup

- 3 tbsp butter
- 1 small onion, chopped
- 5 medium-sized potatoes, diced
- 1 litre fish stock
- 5 whole grains of allspice
- A piece of rye bread
- 200 g boned fillet of fish, diced (perch, pike perch, salmon, whitefish, Baltic herring)
- 200 ml whipping cream or heavy cream
- 50 ml chopped dill
- Salt and freshly ground black pepper



<http://mediaserver-2.vuodatus.net/g/11369/256707.jpg>

Melt the butter in a large saucepan. Sauté the onion and diced potatoes. Add the fish stock, allspice and bread. Simmer for about 10 minutes, until the potatoes are almost done. Add the fish cubes and cream. Bring to the boil. Season with salt and pepper. Add the dill just before serving. Serve with toasted, buttered rye bread.

Rye Bread (ruisnapit)

- 4 dl water
- 12 g yeast
- 3 dl rye bread flour
- about 5 dl rye bread flour



Crumble the yeast and put it into a large mixing bowl. Pour in some lukewarm water and mix. Stir in the rye flour. Cover the bowl with a tea towel and leave the dough to stand at room temperature for 15 min; until bubbly and pungent. Add the rye flour and knead until smooth and firm. Roll out in a sheet 4 mm thick and cut with a cutter. Bake at 250°C for about 10-15 min.

http://www.fazeramica.fi/upload/FazerAmica/Popups/F inland_restaurants/Pääsivun%20kuvat/Amica_ravintola t/Raaka-aineet,%20fiilis/Ruisleipä.jpg

Finnish Pancakes

300 ml milk

2 eggs

200 ml plain flour

2 tbsp oil or melted butter

Salt

(Sugar)

Butter or oil for frying

Pour the milk into a bowl. Add the flour and seasoning. Mix until smooth. Add the eggs and oil or melted butter, slightly cooled. Heat the butter in a frying pan and pour in some butter. Cook the pancake until set and golden-brown. Flip the pancake over and cook the other side. Serve with jam, whipped cream, berries, cinnamon and sugar, honey or maple syrup. For a savoury version you can also add 100 ml of blanched spinach, grated carrot or potato.



<http://plaza.fi/s/f/ruokaohje/129048-kardemummapannukakut.jpg>

Sautéed Reindeer

**400 g meat for sautéed reindeer
(reindeer shoulder and/or fore loin
cut into thin shaves)**

50 g butter or oil

50 ml water or beer

Salt

Black pepper

(Crushed garlic)



Melt the butter in a pan and add the frozen meat. Let the meat melt in the pan under a lid, and fold it carefully from time to time. When the liquid is vaporised, add the crushed garlic, salt and pepper. Fry the meat for a while, folding carefully. Add the stock and let it simmer under the lid for about 30 minutes. Check the taste. Serve hot from the pan, with mashed potatoes, cranberries or lingo berry sauce.

<http://plaza.fi/s/f/ruokaohje/134894-Poronkäristys.jpg>

Mashed Potatoes

0.5 kg (mashing) potatoes

Water, salt

**100-150 ml whole or semi-skimmed
milk**

Salt

Some butter or margarine



http://foodtrust.files.wordpress.com/2007/08/mashgarlic2_lr.jpg

Peel and slice the potatoes. Cook until

done, in salted water. Pour the water into a dish for further use.

Bring the milk to the boil and add it over the hot potato wedges. Whisk fluffy with an electric mixer or mash by hand with a potato masher. If necessary, add some stock and a pad of butter.

Check the taste, and season with Salt, if necessary.

Kampanisut



- **4 dl wheat flour**
- **½ dl sugar**
- **1 teaspoon baking powder**
- **125 g margarine**
- **1 dl cold water**

<http://elonen.iki.fi/misc/tortut/torttuja-cafe-suica-lautasella.jpg>

Combine the wheat flour, sugar and baking powder in a large bowl.

Cut in the margarine until the mixture resembles coarse crumbs.

Add the cold water and mix.

Turn the dough out onto a floured table.

Divide the dough in two. Roll the dough about 1 inch in diameter

Press the dough about 2 cm and divide dough 6 pieces with biscuit cutter.

Make each piece 3 cuts

Bake about 10 min (250°C)

Macaroni Casserole

150 g 3 ml) macaroni

0,75 l water

½ tsp salt

200 g minced meat

1 onion

1/2 tbsp oil

Egg-milk:

2 eggs

400 ml milk

1 ½ tsp salt

½ tsp black pepper

½ tsp ground bell pepper

1/4 tsp white pepper



http://www.yhteishyva.fi/ruokamaailma/resptit/paaruoka_1_m/fi_FI/lihaisa_makaroonilaatikko/_files/11278941890045682/default/lihaisa_makaroni_tv.jpg

Cook the macaroni in salted water for about 10 minutes. Drain.

Fry the meat without grease, and add the chopped onion. Mix it in with the macaroni and pour into a large baking dish. Level the surface.

Whisk the eggs, milk, salt, peppers and ground bell pepper together. Pour into the dish. Sprinkle with breadcrumbs. Bake at 175°C (350F) for about 1 hour. Allow to set a while before serving.

Parson's makeshift dessert

("Pappilan hätävara")

- 2 dl cream
- 1 tbsp sugar
- 1 tsp vanilla sugar
- 150 g biscuits or crumbs of cake
- 1 dl apple juice or other light juice
- 2 dl raspberry or strawberry jam



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Whip the cream into good, solid foam and season with sugar and vanilla sugar. Wet the dry crumbles with the juice and let them withdraw for a moment. Make layers into a glass bowl with crumbles, jam and whipped cream. The topmost layer will be whipped cream, decorated with jam. Let the dessert cool in the fridge for a moment before serving.

Pea Soup

250 g dried peas

0,75 litre water

1/2 tsp salt

1/2 onion

½ meat stock cubes

150 g minced meat (optional)

1 tsp marjoram



http://1.bp.blogspot.com/_cPUy18Bc-m0/SIIing9kV2sI/AAAAAAAAAIY/TsnFIL-kAsQ/s400/Hernekeitto.jpg

For soaking the peas:

2 litre water and 2 tsp salt

Soak the peas in salted water for 6-12 hours. Pour the water away.

Place the peas, water and salt into a pot. Bring to the boil; skim off the residue and excess pea cases with a skimmer.

Peel and chop the onion. Add the onion and the minced meat into the soup.

Simmer for about one hour. Let the soup simmer until the peas are done.

Add the meat cubes and season with marjoram.

Shrove Buns

2,5 dl milk
25 g fresh yeast.
1 dl sugar
1 tsp salt
2 tsp cardamom
1 egg
8- 9 dl flour
1 dl liquid margarine
Crushed almond



http://farm1.static.flickr.com/129/396463128_de5c01ca3b.jpg

Filling:

1 dl cream
1 tbsp sugar
Almond paste or strawberry jam

Prepare the dough. Dissolve the yeast in lukewarm milk. Whisk the sugar, salt, cardamom, egg and about half of the flour into the milk. Knead the dough adding the remaining flour, and add the liquid margarine towards the end.

Let the dough rise in a warm place, cover with a tea towel for about half an hour.

Turn the dough into a long log on a well-floured work surface. Divide the log into 20 pieces and roll them into buns. Transfer the buns over a baking sheet on a baking tray and let them rise (for about 10 minutes), covered with a tea towel. Brush with the egg and sprinkle with the crushed almonds. Bake at 225°C (440F) in the mid section of the oven, for about 10 minutes. Let them cool. Whip the cream and add the sugar. Slice the almond paste. Cut the upper part (a “hat”) of a bun away; fill the bun with almond paste or jam, and whipped cream. Serve with hot chocol

Raahe's Krivus

- 4 eggs
- 2 dl sugar
- 2 dl cream
- 2 tsp cardamom
- 1½ tsp salt
- 6 dl flour
- 2 tsp baking powder
- oil or coconut fat for frying

Beat the eggs and the sugar. Mix the baking powder into the flour, then add the mixture and the rest of the ingredients into the foam. Roll the soft dough on a table with flour into a 1 cm thick sheet. Use a glass to make round cakes out of the dough. Make holes in the middle of the cakes using a cork or an apple corer. Fry the krivus in a pot with hot oil (180°C) on both sides for two minutes, until golden. Lift the krivus on paper towels to drain.

Åland Island's Pancake



<http://www.aamulehti.fi/teema/ruoka/5233862-big.jpg>

- 3 eggs
- 1 dl sugar
- ½ tsp cardamom
- 1½ dl flour
- 2 dl readymade rice porridge or semolina
- 7 dl milk
- butter for the baking tin

Beat the eggs and the sugar. Mix in salt, cardamom and flour. Add the cold porridge and milk, stir until even. Check the taste and pour the dough into a buttered baking tin or a baking sheet with baking paper. Bake in the oven in 225°C for about 20 minutes.

Serve warm or cold with raspberry jam and whipped cream.

