

Hernekeitto

Pea Soup

Ingredients:

1 kg (2 pounds) dried green
or yellow peas
3-5 l (1-1¼ gallons) water
1 kg (2 pounds) smoked pork
shank
2 large onions
2 tsp dried marjoram
black pepper
hot mustard to taste
salt (depending on how salty
your meat is)

This is how it happens:

Rinse the peas and soak them overnight in plenty of water. Transfer (with the soaking water) to a large pot and bring to a boil. Peel the onions and cut them into chunks. Add the rest of the water and the pork, onions and marjoram and let simmer on a low heat for about two to three hours, until the peas go all mushy and start clouding and thickening the water.

Remove the pork shank from the pot and scrape the meat from the bone. Shred the meat into small pieces and add back in the pot. Season with hot mustard and pepper (and salt to taste).

This is at it's best made the day before and slowly reheated. It's served piping hot, with everyone adding more hot mustard and, in our family, garnishing with a dollop of sour cream or crème fraîche!



Recipe by Chef Anna

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Laskiaispulla

Shrove Buns

Ingredients:

Buns:

50 g (1¾ oz) fresh yeast
200 ml (6¾ fl oz) milk
100 g (3½ oz) butter
4 tbsp sugar
1 tsp ground cardamom
1 egg
450 g (1 pound) flour
1 egg, lightly whipped

Almond Filling:

4-5 tbs half-and-half
1-2 tbs melted butter
grated peel from ½ a lemon
250 g (9 oz) almond paste
1-2 drops bitter almond

OR

strawberry jam
whipped cream

powdered sugar

To make the buns: In a large bowl, dissolve the yeast in a few tbsp of milk. Melt the butter and add the remaining milk. When the milk-butter mixture is lukewarm, add it to the yeast along with the cardamom, sugar and egg. Mix in half the flour and work to a smooth, goopy dough. Let rest for a minute or two, then work in the rest of the flour in batches, kneading (or working with the dough hook in a mixer) until you have a shiny, springy dough. (You probably won't need all the flour - this is supposed to be a fairly loose dough.) Cover with a kitchen towel and let rise until doubled, about 40-60 minutes.

Gently press down the dough, kneading a few times and cut into twelve pieces. Form each piece into a smooth, round bun and let rise for another 20 minutes or so on a baking sheet. Brush with lightly whipped egg and bake at 225°C (425°F for about 15 minutes. Place on a rack to cool.

To make the filling: Once the buns are cooled, cut off about a third of the top and set aside. Scrape off a bit of the bottom part. Take the scraped-out filling and mix it with the almond paste (easier if you've shredded it), lemon peel, bitter almond and enough butter and cream to form a soft paste. Spread over the bottom of the buns, replace the caps and dust with icing sugar.

If you choose to use strawberry jam (which I prefer) don't prepare almond paste - fill the bottom parts with jam and pipe whipped cream around the edges of the bun. Top with the caps and dust with icing sugar.



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Makes: 12 smallish buns

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