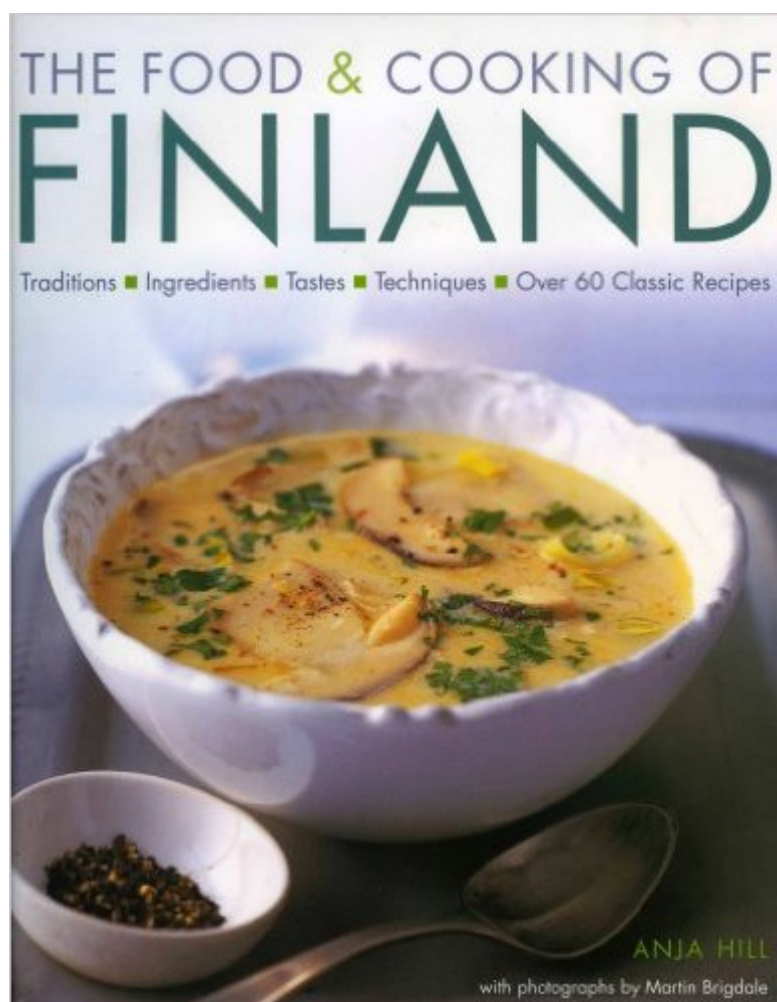


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The Food & Cooking Of Finland



Synopsis

Discover the earthy flavours and unexpected delights of Finland's healthy, hearty cuisine, which historically has combined its traditional methods and ingredients with flavours and techniques from eastern European and Scandinavian neighbours.

Book Information

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Customer Reviews

This is a very pretty book, but I really question the recipes. I know Finnish cooking and Finland really well- spending summers with my family since I was able to walk and growing up with Finnish friends, food and traditions. All these recipes represent real Finnish dishes; however, they appear to be "adaptations" of them (and having lived in England for a while - I can see more than a little English kitchen sense here.) There is something off or just plain wrong about a lot of them. In the section discussing Finnish ingredients at the beginning of the book there is a picture labeled "potato flour," It is 'Rye" flour - that's what is in the bowl, and that's what the bag in the picture says both in Finnish and Swedish. This is a mistake that should not happen in a cookbook written by a Finn. In certain recipes the directions and finished results look nothing like they should. For example, the Karalian pastries should be thin and lightly filled; this is how they are found all over Finland. Here they are shown thick and overstuffed - it may have all the same ingredients but isn't really a Karalian pastry. I could go on and on with many other examples. Needless to say ultimately the book is a disappointment. In summary - nice pictures but not true Finnish cooking.

On the plus side, this is a beautiful book with lovely pictures and a very nice savoury section. There are a few odd things missing from the lists that I would have expected in (especially in the surprisingly sparse baked goods selection), but maybe that's a case of the author playing to her strengths. The savoury dishes look pretty traditional and the ones I've tried worked well. That is not true for the baking section. The biggest problem is that some of the recipes are just wrong. And not in a "maybe this is because my oven is too hot/eggs are too big/yeast is too old" way, but in a "this won't work" way. For example, the viipurin pretzels? 175 ml of milk, 60ml water, 2 eggs... and only 175g of flour! That doesn't make a dough, that makes a batter! A quick trawl of the internet confirms that you need at least twice that much flour, which I did and they turned out fine-- needs less saffron, but still pretty good. There are other minor problems-- insufficient cardamom pods for the amount she says you need to grind to make 1tsp ground cardamom, for example. Basically, a very pretty book, with reasonable background on the culture attached to the recipes, but with some pretty grievous errors when it comes to the actual recipes.

Watching Nathan from Under the Sun on Veria travel thru Finland got me interested in this country of the 1000 lakes. It seems to be a clean air and organic nation. The cookbook represents the northern culture with hardy soups and healthy breads. Fish is major staple with Salmon and Herring on top of the list. Beef and Pork, Elk and Reindeer as well as ducks fill in the menus as well as a variety of vegetables and dumplings are there to enjoy. Fruit desserts and puddings are at the top of the list, as Finland is blessed with a variety of wild berries and apples. It is an interesting book that gives 18 pages of interesting history, festival and holidays customs and cuisine. Enjoy!

If you enjoy Scandinavian or Eastern European foods, you will love this book. Every recipe is beautifully illustrated. I have made the beef and mushroom loaf, the potato casserole and the Finnish bagels. All were hits with four generations of my family and not at all complicated. They also looked great, just like the photographs in the book. I plan to make most of the recipes. They are all very appetizing. Even the fancier foods suitable for company are not too time consuming. The text at the beginning which introduces one to Finnish customs and food is also very interesting to read. You won't regret buying this book.

The pictures are good and the recipes intriguing. However, my results so far have been disappointing. First I made the Christmas Gingerbread, which turned out flat-tasting, as if the proportions were wrong. Perhaps that's how they are supposed to taste? Next I tried the Vyborg

Pretzels. The amount of flour specified was far too little. I had to add at least double, if not triple, the amount to obtain a very soft but finally workable dough. Then I waited for it to rise. The recipe says to wait an hour or until it has doubled in volume. I had to wait 12 hours! Eventually I finished making them and they look and taste fine - if you like saffron in extremely high doses. The recipe calls for a full teaspoon of saffron. Quite an investment! So you understand why I persevered with the flour additions rather than pitching the whole mess. I want to try Karelian Hot-Pot next. If that doesn't turn out, you'll find my copy on eBay.

Finish food already is a classic but with this book I expanded my horizons and made these foods better .Awesome

I say buy it because it's a simple cookbook and not confusing like the other ones!

Great Book, Good Pictures, Clear Recipes. Fast Shipping. Great Purchase.

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