

DESCRIPTION OF OUR DINNER MENU



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CURED SALMON (GRAAVILOHI)

Graavilohi is a dish that embodies the simplicity and purity of Finnish cuisine. With its delicate balance of salt, sugar, and fresh dill, this cured salmon preparation has long been a staple of Nordic dining, particularly during festive occasions and family gatherings.

Whether served as an appetiser, atop a slice of rye bread, or as part of a traditional smorgasbord, graavilohi highlights the rich flavours of high quality salmon while requiring minimal preparation. It is a dish that feels both luxurious and deeply rooted in tradition, offering a taste of Finland's connection to the sea and its enduring culinary heritage.

HOT SMOKED WHITEFISH (LÄMMINSAVUSTETTU SIIKA)

Hot-smoked whitefish (*siika*) is a popular Finnish delicacy often prepared using traditional methods like skewering over a fire or in a smokehouse. It can be enjoyed on its own, on rye, in salads, or as an ingredient in other dishes.

Traditional preparation

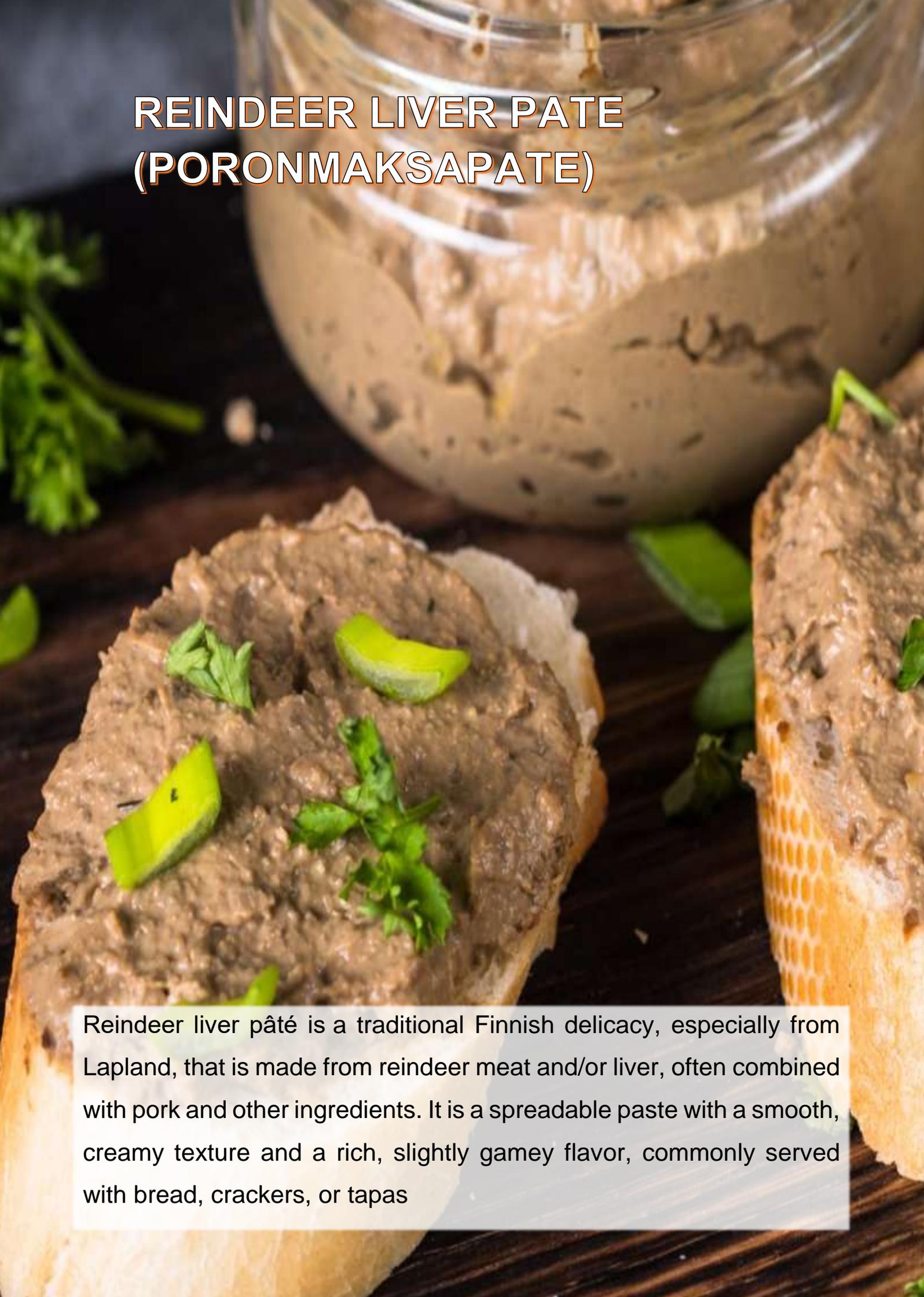
- **Skewering:** Fish is skewered on long, flat sticks and cooked in a cooking hut over a wood fire. The skewers are often placed in the sand at an angle to ensure even cooking, and the grill master turns them as needed.
- **Salting:** After cooking, the fish is often briefly soaked in a salt brine before being wrapped in paper and served.

Serving

- **As is:** Hot-smoked whitefish can be eaten on its own.
- **With bread:** It is commonly served on rye bread.
- **In salads:** It is an excellent addition to salads.
- **With potatoes:** It pairs well with both warm and cold potatoes.

In other dishes: The fish can be used to make various masses and mousses

REINDEER LIVER PATE (PORONMAKSAPATE)



Reindeer liver pâté is a traditional Finnish delicacy, especially from Lapland, that is made from reindeer meat and/or liver, often combined with pork and other ingredients. It is a spreadable paste with a smooth, creamy texture and a rich, slightly gamey flavor, commonly served with bread, crackers, or tapas

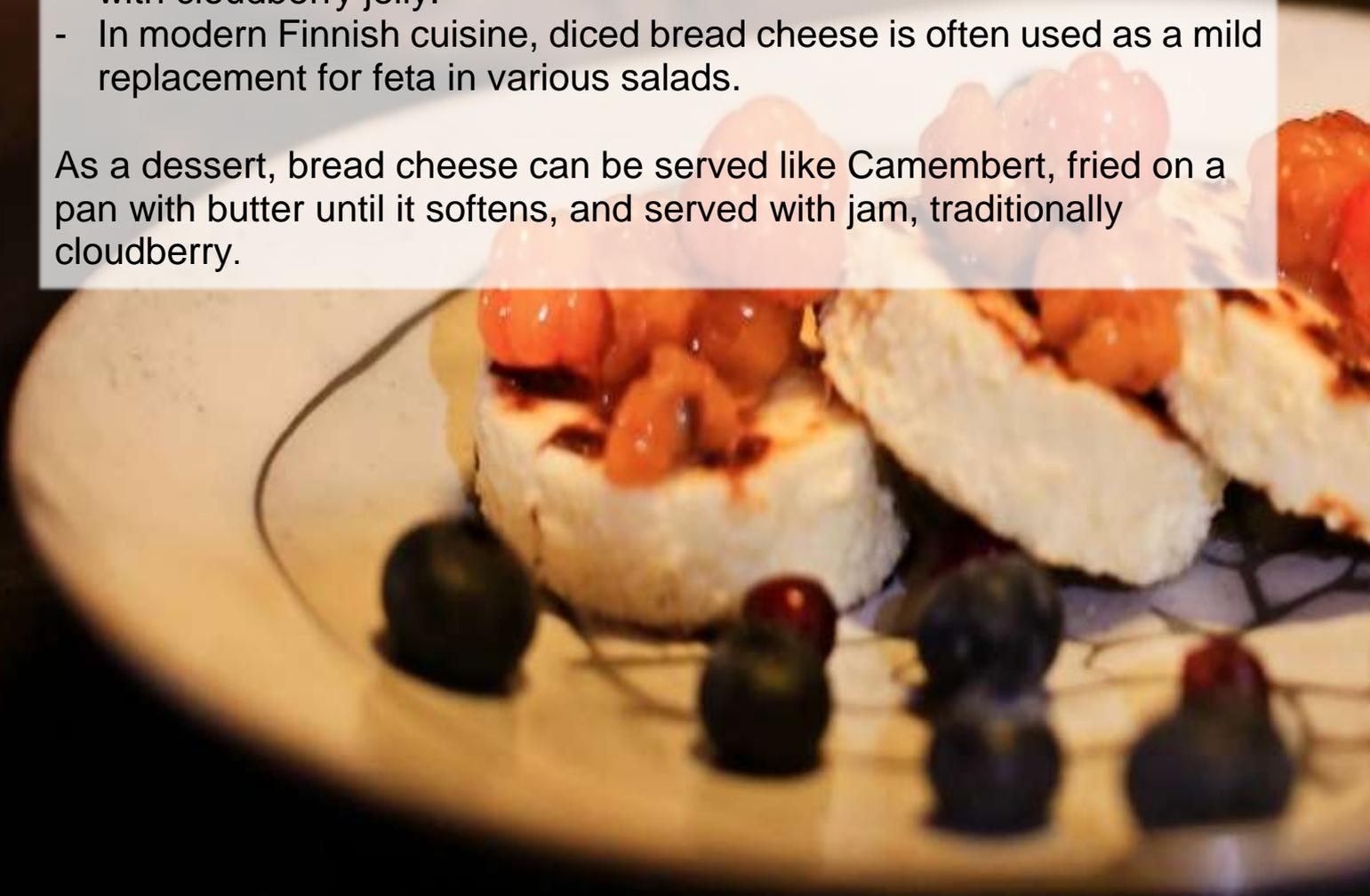
BREAD CHEESE (LEIPÄJUUSTO)

A Finnish fresh cheese traditionally made from cow's colostrum. The cheese originally comes from Southern Ostrobothnia, Northern Finland, and Kainuu. Traditionally, the cheese has been called leipäjuusto mainly in Ostrobothnia and Lapland and juustoleipä in Kainuu. Nowadays the two words are interchangeable, but leipäjuusto is the more common spelling. Other dialects have various names (such as narskujuusto) that refer to the way that fresh leipäjuusto "squeaks" against the teeth when bitten.

Bread cheese can be eaten warm or cold, and is served in a number of ways:

- The traditional way is to serve it as slices, as a side dish with coffee.
- A few pieces are placed in a cup, with hot coffee poured on.
- Served as diamond-shaped pieces, roughly 5 to 7 cm long and a little less wide, with cloudberry jelly or fresh cloudberries.
- Slices of the cheese are cut into a cup or plate, with some cream poured on the pieces so that they soak a little, some cinnamon and sugar sprinkled over it, and grilled in the oven for a moment. Served with cloudberry jelly.
- In modern Finnish cuisine, diced bread cheese is often used as a mild replacement for feta in various salads.

As a dessert, bread cheese can be served like Camembert, fried on a pan with butter until it softens, and served with jam, traditionally cloudberry.



GLÖGI

A glass mug filled with a dark red liquid, likely mulled wine or spiced juice, with a clear straw inserted. The background is a warm, bokeh-filled scene with golden and red lights, suggesting a festive holiday setting. The word "GLÖGI" is written in large, bold, green letters with a red outline at the top right.

Glögi is a traditional Finnish Christmas drink, which is a type of mulled wine or spiced juice that is served hot. It is a staple of the holiday season, typically made with red wine or juice and infused with spices like cinnamon, cloves, and cardamom. It is often served with almonds and raisins at the bottom of the cup, and can be made alcoholic or non-alcoholic.

Vegetarian cuisine in Finland developed relatively late. Traditionally, the Finnish diet was based on fish, dairy, and seasonal vegetables, with meat becoming more common only in the 20th century. Interest in vegetarianism began to grow in the 1960s–1970s alongside environmental and health movements. By the 1990s, vegetarian options started appearing in school and workplace canteens. In the 2000s and 2010s, the rise of plant-based innovations—such as oat products, pulled oats, and fava-bean-based foods—made Finland one of the leaders in modern vegetarian food. Today, vegetarian and vegan dishes are widely available and form an established part of Finnish food culture.

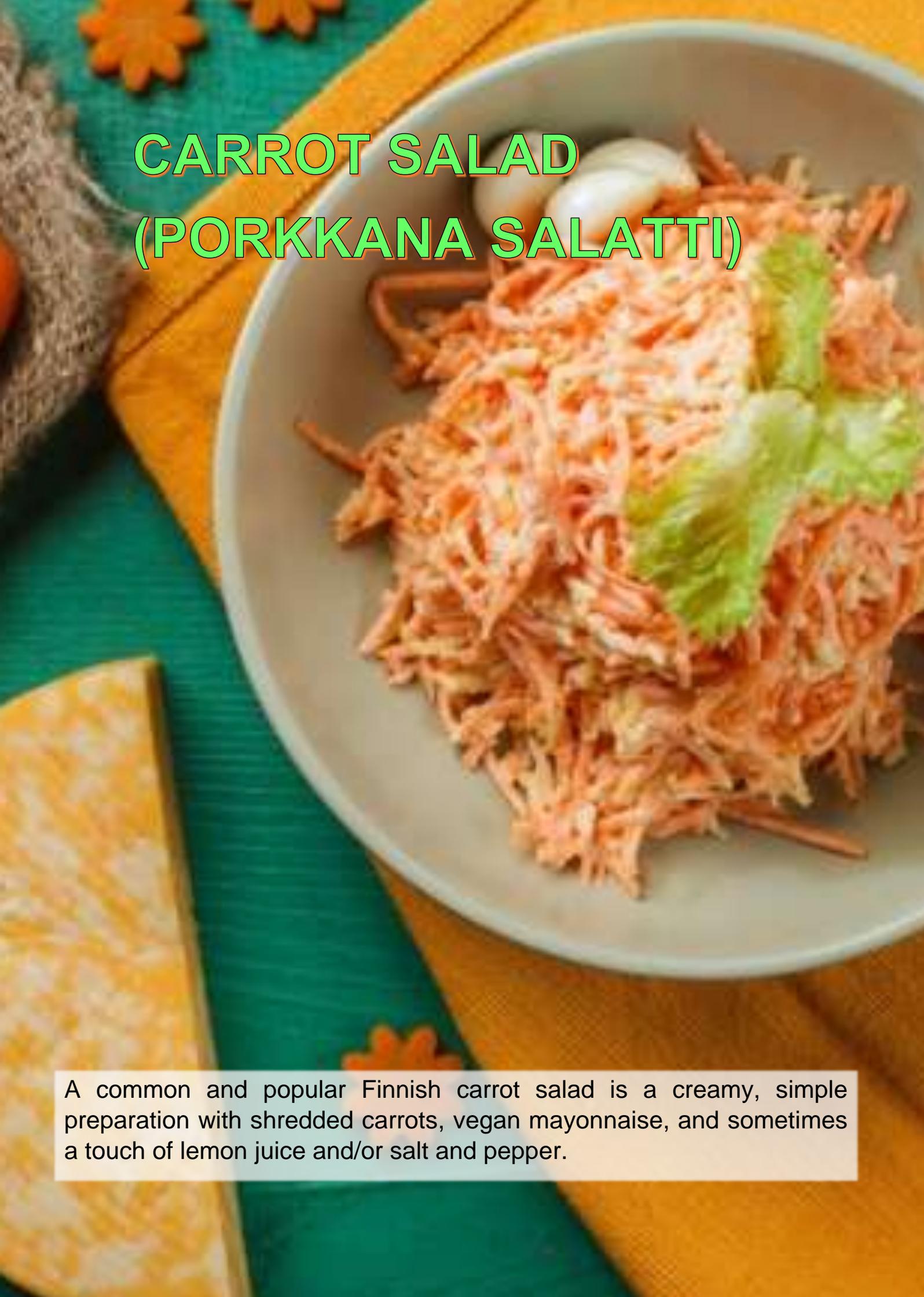
Finland's most common vegetables are potatoes, carrots, cabbage, peas, beets, onions, mushrooms and various root vegetables that grow well in the northern climate



BEETROOT PATE (PUNAJUURIPATEE)

In Finnish, beetroot is called punajuuri and it was introduced to Finland around the 19th century. It is a popular vegetable in the country, well-suited to the climate and can be stored for the long winter. You can find both red and white or yellow varieties, and it's a key ingredient in traditional dishes, as well as often sold pickled and preserved in jars.

A "punajuuripate" (beetroot pâté) in Finland is a dish, possibly a rustic spread or a more elaborate presentation, that would feature roasted or pickled beetroot with other local ingredients. It is not a standardized national dish, but it likely includes common Finnish flavors like dill, onion, salted lemon, and perhaps even black currants. A simpler version could be akin to pickled beetroot, while a more complex one could be an elegant pâté

A top-down view of a white ceramic bowl filled with a carrot salad. The salad consists of finely shredded orange carrots, two small white hard-boiled eggs, and several pieces of fresh green lettuce leaves. The bowl is placed on a light-colored wooden surface. To the left, a piece of whole-grain bread is visible. The background features a green textured surface with orange star-shaped decorations.

CARROT SALAD (PORKKANA SALATTI)

A common and popular Finnish carrot salad is a creamy, simple preparation with shredded carrots, vegan mayonnaise, and sometimes a touch of lemon juice and/or salt and pepper.



MARINATED MUSHROOMS (MARINOIDUT SIENET)

Marinated mushrooms (marinoidut sienet) are a familiar part of Finnish food culture, strongly connected to the country's long tradition of mushroom foraging. Finns collect mushrooms from late summer to autumn, and marinating is one of the most common ways to preserve them for winter. Typically used mushrooms include chanterelles, boletus, russulas, and honey mushrooms.

Finnish marinades are usually mild and clean in flavor, often made with vinegar, sugar, onions, black pepper, bay leaves, and dill. Marinated mushrooms are served as part of holiday tables, especially Christmas, and often appear in buffets, salads, cold appetizer platters, or as a side dish with potatoes and rye bread. Because of their ease of preparation and long shelf life, marinated mushrooms remain a popular homemade delicacy as well as a common store-bought product in Finland.

SALTY CUCUMBERS (SUOLAKURKKU)



Salty cucumbers, or suolakurkku, are a popular food in Finland. A traditional salty cucumber, often made with lactic acid fermentation, which is rich in probiotics and typically includes dill, garlic, and horseradish. These are often sold as "lacto-fermented" or "salted" cucumbers and need to be kept in the refrigerator.

RYE BREAD (RUISLEIPÄ)

Finnish rye bread (*ruisleipä*) is one of the most iconic elements of Finnish cuisine. Its history goes back over a thousand years, as rye became the most reliable grain in Finland's cold climate. By the Middle Ages, rye bread had become a staple food, especially in the form of large round loaves with a hole in the middle — traditionally hung on poles to dry for long storage. Because rye is hardy and nutrient-dense, it provided essential energy during long winters and was valued in both everyday meals and festive occasions.

Today, Finnish rye bread remains deeply rooted in daily eating habits. It is enjoyed fresh or crisp, often served with butter, cheese, vegetables, or cold cuts, and commonly eaten at breakfast or with soups. Varieties include **sourdough rye bread**, **crispy rye crackers**, and **traditional round "reikäleipä"**. Known for its rich flavor and high fiber content, Finnish rye bread continues to symbolize Finnish identity and simple, wholesome northern food traditions.

KARELIAN PASTRY (KARJALAINENPIIRAKKA)

Karelian pasties originated in the region of Karelia, with the first written records dating to the 17th century. The original filling was barley porridge, later replaced by mashed potatoes and, most commonly today, rice porridge. Later the dish throughout Finland, making it a national symbol.

Original filling: Barley porridge was the original filling.

Potato filling: Mashed potatoes became a popular filling later, around the time potatoes became more common in Finland.

Rice filling: Rice porridge is now the most common filling. Its popularity grew after rice became more accessible to ordinary citizens.

Modern status:

The Karelian pasty is a beloved national dish of Finland.

It's now often made with a thin rye crust that may have wheat added for elasticity.

It is frequently served with munavoi (egg butter), a mixture of butter and chopped hard-boiled egg, which is spread on the hot pastry.

The pasty holds protected "Traditional Speciality Guaranteed" status in Europe, which requires it to be made following the traditional recipe to be called a "Karelian pasty".

FINNISH SALMON CREAM SOUP (LOHIKEITTO)

Ingredients:

Salmon filet, hot smoked salmon, unsalted butter + oil, leek, water (better use fish stock), potatoes, carrot, fresh dill, heavy cream, allspice, salt and pepper, bay leaf

Ancient roots: The dish has been a part of Finnish cuisine for centuries, particularly in areas with rivers and the Baltic Sea that provided an abundance of salmon.

Peasant food: Initially, it was a simple, rustic dish to use locally caught fish and was a way for households to utilize fresh salmon during the fishing season.

Regional spread: Its popularity grew over time, spreading from coastal areas to inland regions. Refrigeration in the 20th century helped make it more accessible across the country.

Cultural significance: The soup is considered a staple and is enjoyed for its comforting and nourishing qualities, especially during cold months.

Modern adaptations: While the traditional recipe is simple, modern versions may include additional ingredients like carrots or even a splash of white wine. It is important to distinguish it from Scandinavian salmon soups, which can have more complex spice profiles or ingredients.

FINNISH PEA SOUP (HERNEKEITTO)

Ingredients:

dried peas, water or vegetable stock, onions, carrots, celeriac (optional), dried marjoram, parsley or dill, salt and pepper to taste. Mustard for serving (optional)

Medieval Catholic tradition: The custom of eating a substantial meal on Thursdays dates back to the Middle Ages. As Friday was a day of fasting, consuming a filling, protein-rich dish like pea soup on Thursday helped people sustain themselves through the next day.

Shift to a cultural norm: Over time, as religious fasting practices changed, the Thursday pea soup habit remained. It became ingrained in Finnish food culture and is now a widespread, non-religious tradition found in many settings.

Sharing the tradition: The tradition is strong not only in Finland but also in Sweden, which shares historical ties with Finland. Both countries serve pea soup on Thursdays and often follow it with pancakes.

Accompaniments: It is typically served with mustard, which is added to taste by the diner, and often accompanied by dark rye bread.

REINDEERS STEW (PORONKÄRISTYS)

The history of traditional reindeer stew (poronkäristys) is rooted in the indigenous Sami people of Lapland who have been herding reindeer for centuries. The dish originated as a simple, traditional meal made with basic ingredients like thinly sliced reindeer meat, fat, salt, and pepper. Over time, it evolved to be a national dish of Finland, though its core remains the same: sautéed reindeer meat served, most commonly, with mashed potatoes and lingonberry preserves.

Indigenous Sámi roots: The dish originated with the Sámi people in Lapland, a region that spans northern Norway, Finland, Sweden, and Russia..

Basic ingredients: The most traditional versions used only minimal ingredients: reindeer meat, fat (traditionally reindeer fat), salt, and pepper.

Modern additions: While traditionally simple, the dish is now often seasoned with more spices and can be served with a wider variety of sides, though mashed potatoes and lingonberries remain the most popular accompaniments.

Finnish national dish: Poronkäristys is considered one of Finland's most iconic and beloved national dishes, particularly in the northern part of the country.

Year-round availability: Unlike some traditional foods, it can be eaten year-round, and frozen reindeer meat is readily available in most supermarkets.

Representation of Lapland: The dish is often featured in restaurants in Lapland and represents the region's traditional livelihoods and cuisine.



FRIED MUSHROOMS WITH ONION (PAISTETUT SIENET)



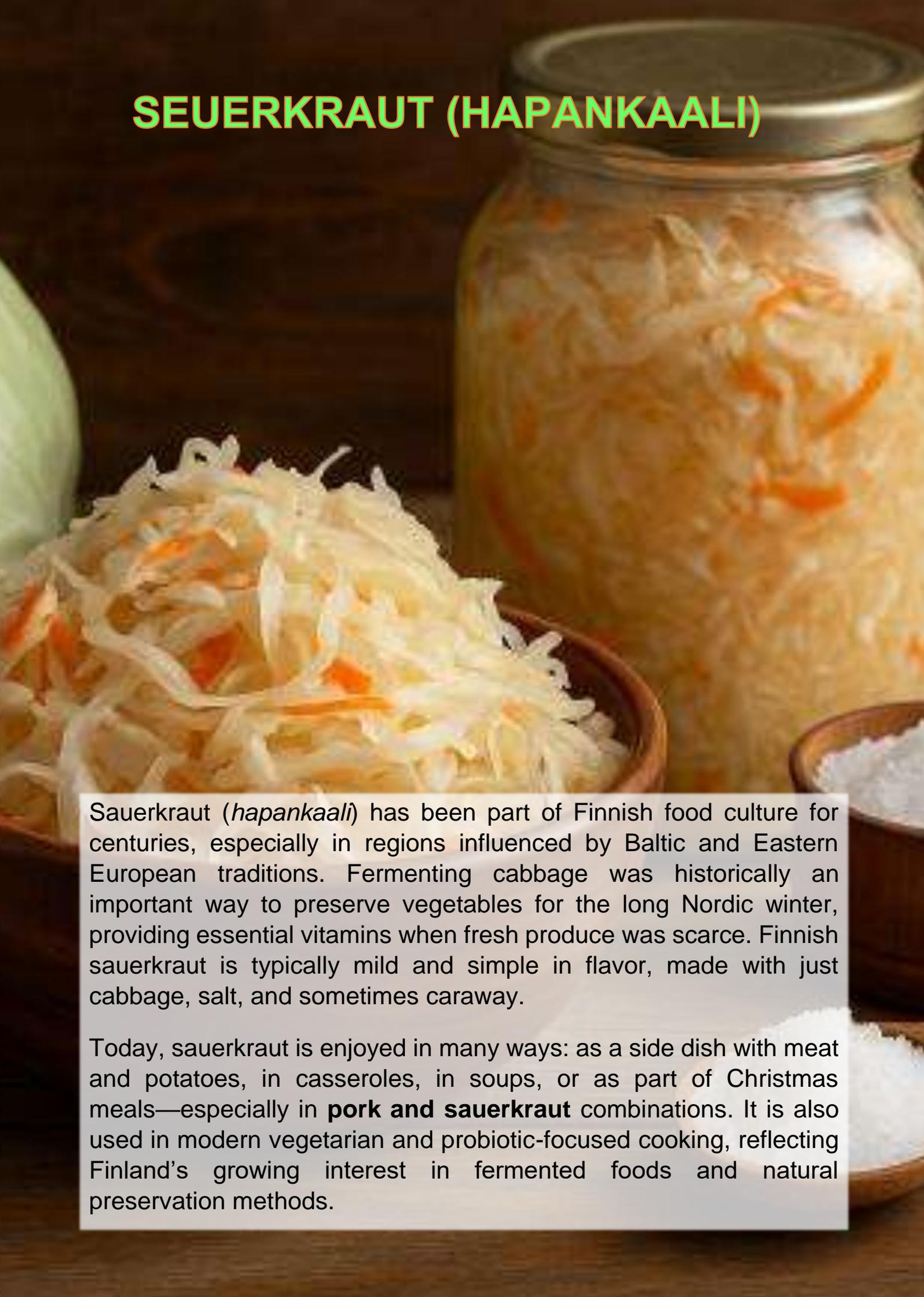
The historical background of the combination of mushrooms and mashed potatoes is not directly traceable, but mushrooms have been part of the human diet for a very long time, while mashed potatoes only developed after potatoes became common in Finland. Before potatoes, mushroom dishes were prepared without mashed potatoes, and the roots of the modern recipe are found in later history.

Mushrooms as food: Mushrooms have been eaten by humans for thousands of years and have been gathered and used in various dishes throughout history.

Development of mashed potatoes: The history of mashed potatoes is much more recent. Potatoes only began to spread in Europe in the 17th century, and their use as food became common gradually.

The combination: The combination of mushroom sauce and mashed potatoes likely developed only after potatoes became a staple at the table. It is not an ancient tradition but a more modern recipe.

SEUERKRAUT (HAPANKAALI)



Sauerkraut (*hapankaali*) has been part of Finnish food culture for centuries, especially in regions influenced by Baltic and Eastern European traditions. Fermenting cabbage was historically an important way to preserve vegetables for the long Nordic winter, providing essential vitamins when fresh produce was scarce. Finnish sauerkraut is typically mild and simple in flavor, made with just cabbage, salt, and sometimes caraway.

Today, sauerkraut is enjoyed in many ways: as a side dish with meat and potatoes, in casseroles, in soups, or as part of Christmas meals—especially in **pork and sauerkraut** combinations. It is also used in modern vegetarian and probiotic-focused cooking, reflecting Finland's growing interest in fermented foods and natural preservation methods.

FINNISH LAZY PANCAKE (PANNUKAKKU)

The Finnish lazy pancake has its roots in Sweden, as the word *pannukakku* have been known in Finland for a long time, and in Elias Lönnrot's 19th-century dictionary they refer to the same thing. Today, *pannukakku* is a popular treat typically eaten with jam and whipped cream, and it is easy to prepare.

How to make a "lazy" Pannukakku

Ingredients:

Eggs, milk, all-purpose flour, a little salt, and butter are the base ingredients. Some recipes may add sugar or other flours like barley flour.

Old names: In Finland, names such as *pannukka* and *ohukainen* have long been known, referring to similar baked or pan-fried batter-based dishes.

Lönnrot's dictionary: In Elias Lönnrot's dictionary (1866–1880), *pannukakku* meant both pancake and crêpe.

Modern form: Today, *pannukakku* is an easy and popular treat, often enjoyed with jam and whipped cream, but also with other toppings such as berries or honey.



BAKED APPLE WITH CINNAMON (UUNIOMENA KANELLILLA)

Baked apples with cinnamon are a simple and popular dessert in Finland, especially during the autumn apple season. Finnish versions often use locally grown apples, baked until soft and fragrant with cinnamon and a touch of sugar. They are commonly served warm, sometimes with vanilla sauce, ice cream, or whipped cream, making them a cozy and traditional cold-season treat



YOU CAN COOK AT HOME RECIPES:

CURED SALMON (GRAAVILOHI)

Ingredients:

500 g (1.1 lbs) salmon, trout, or other fatty red fish fillet
2.5 tbsp coarse sea salt
1 tbsp sugar (or liquid honey)
A pinch of freshly ground black pepper
Fresh dill (optional)
20–30 ml cognac, brandy, or Finnish Jaloviina (optional)
A few juniper berries (optional – for a subtle piney aroma)

Instructions:

Prep the fish: Remove all bones and trim fins if needed. Keep the skin on. It helps the fish hold its shape.

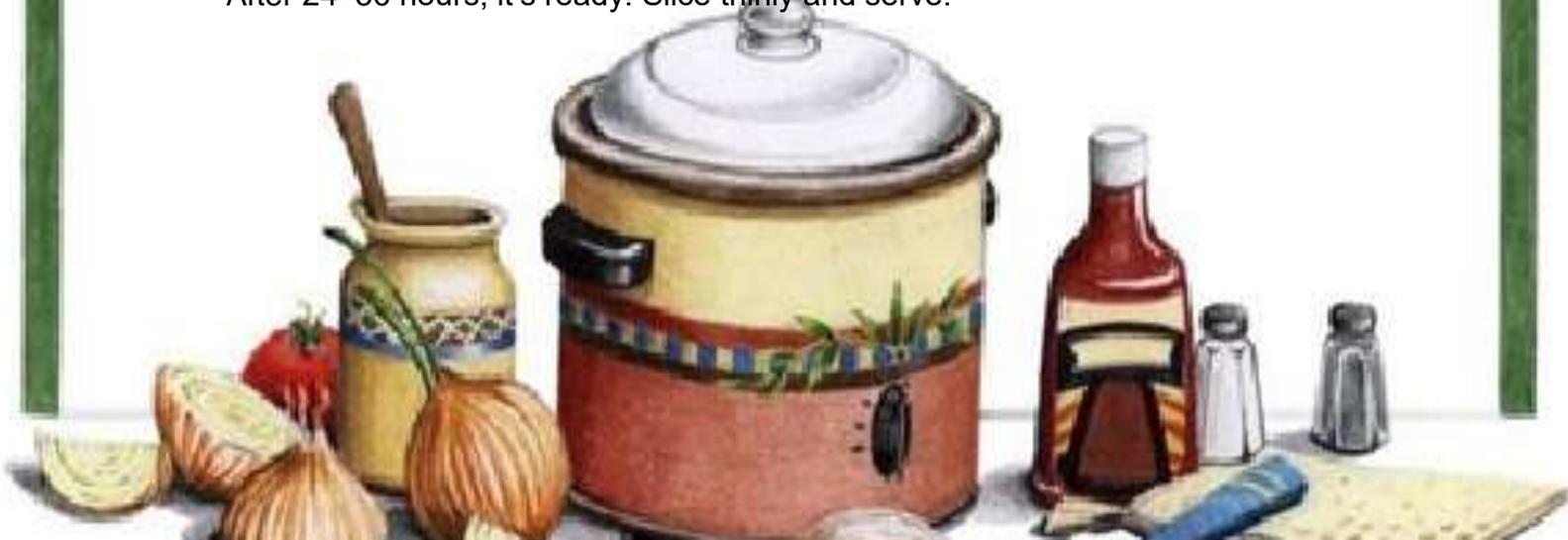
Make the curing mix: Combine salt and sugar, then add pepper and crushed juniper berries if using.

Rub the fish thoroughly with the mix, making sure to coat the edges too. Place dill sprigs on top.

Add the alcohol: Drizzle the fillet with cognac or brandy. It adds flavor and acts as a natural preservative.

Wrap and chill: Fold the fillet (or stack two pieces flesh-side in), wrap tightly in parchment or plastic wrap, place in a ziplock bag, and refrigerate. You can place a lightweight on top.

After 24–36 hours, it's ready! Slice thinly and serve.



REINDEER LIVER PATE (PORONMAKSAPATE)

Ingredients

450 g (1 lb) liver
½ teaspoon salt
1 Tart crab apple
1 middle onion
1 karrot
2 Tablespoons flavorless cooking oil
Black pepper, allspice and nutmeg optional

Heat a pan with a small amount of oil, then brown the liver pieces well. Add the pieces of apple, onion and carrot, adding a little water to the pan. Cook with lid until the vegetables are completely cooked, about 5-10 minutes. Add salt and spices to taste.

Let cool slightly and blend until smooth.

The pate can be stored in the refrigerator for up to 3 days or frozen.

BEETROOT PATE (PUNAJUURIPATEE)

Ingredients

1 medium sized beetroot
1 medium sized onion
1 clove garlic
1 tablespoon red wine vinegar
½ teaspoon salt
2 tablespoon oil

Sauté the finely chopped onion and grated beetroot separately, then combine them and simmer for 3–5 minutes. Allow the mixture to cool, then blend it, adding vinegar, salt, and spices.



CARROT SALAD (PORKKANA SALATTI)

Ingredients

Carrots - large
Garlic clove
Sour cream or yogurt or mayonnaise or vegan mayonnaise
Salt

Peel the carrots and grate it. Place them in a bowl. Peel the garlic, and either mince it, put it through a garlic press, or grate it. Add it to the carrots with the sour cream and mayonnaise. Stir the salad until evenly combined and add the seasonings to taste.

FINNISH SALMON CREAM SOUP (LOHIKEITTO)

Ingredients

50 grams unsalted butter
25 ml oil
1 leek, sliced (white and light green parts only)
1,25l fish stock (can be substituted with water)
450g potatoes, cubed (I like to use starchy potatoes)
200g carrots, cubed
500 g salmon fillet, de-boned, de-skinned and cut into small chunks (use the rests to make the fish stock)
100 g hot smoked salmon (optional)
250ml heavy cream
Fresh dill for garnish, finely chopped
Salt and pepper to taste

Melt the butter in a pot and add oil. Add the sliced leek and carrot saute until translucent.

Add the stock and potatoes. Bring to a boil and cook for about 10 minutes over medium heat. At this point the potatoes should be almost ready.

Add the salmon chunks and the cream, and cook for about 5-7 minutes more, until it starts to boil.

Turn off the heat and add the dill, salt and pepper. Close the lid and wait for another 10 minutes.



FINNISH PEA SOUP (HERNEKEITTO)

Ingredients

Green, better split peas

Ham (optional): you can use a leftover ham bone or a ham with or without a bone.

Around 0,5 kg (1pound) is a good size for this recipe.

Salt & white or black pepper

Onion

Water or broth (chicken broth or vegetable).

Place your split peas in a large pot or bowl to soak- they'll swell, so use plenty of water. You can soak them overnight before making this recipe or day of.

Drain the peas and put them in your soup pot. Add 6 cups water (or broth if you'd prefer). Add the onion, ham and a pinch each of salt and pepper.

Bring to a boil. In the first ten minutes or so of cooking time, skim the foam off the top. Reduce the heat to a gentle simmer. Continue to simmer until your meat is fully cooked and green peas are very soft and creamy, about 1-1,5 h.

MASHED POTATOS (PERUNAMUUSIA)

Ingredients

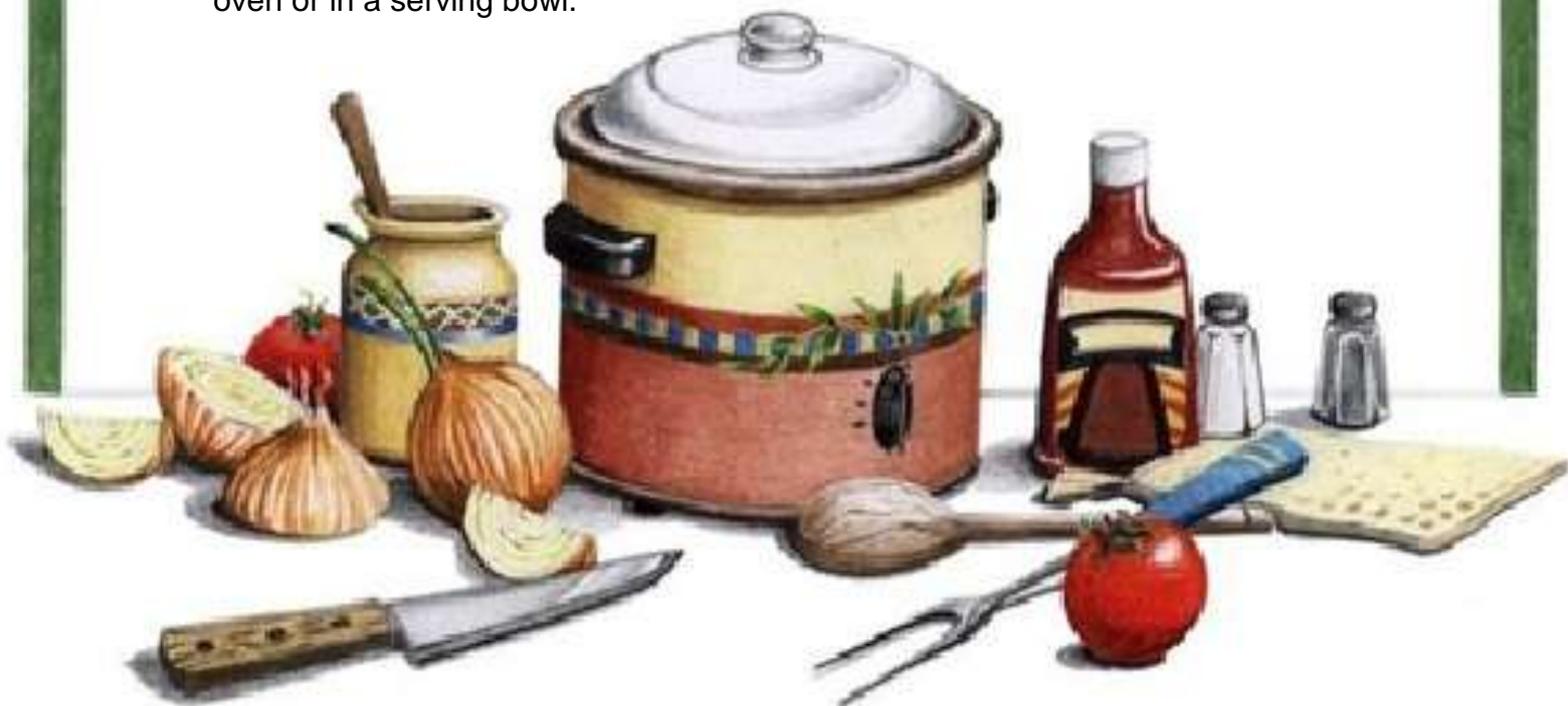
1 kg floury potatoes

2 tbsp butter or vegan margarine

50 ml cream or vege cream

¼ tsp salt

Boil the potatoes in salty water. When ready, drain the potatoes and mash them. Add butter. Allow to cool for a moment. Mix in cream, salt. Put the mash on the edge of a hot oven or in a serving bowl.



FINNISH LAZY PANCAKE (PANNUKAKKU)

Ingredients

2 eggs
100 g melted butter
8 dl milk
1,5 dl sugar
2 tsp vanilla sugar
4 dl all-purpose baking flour
1 tsp baking powder
1 tsp salt

In a medium mixing bowl or a large liquid measuring cup, beat together eggs, milk, sugar and vanilla until well beaten. In a separate large mixing bowl whisk together flour, salt, baking soda. Make a well in the center of the dry ingredients and pour in the egg/milk mixture. Whisk together until just combined- similar to regular pancake batter, you can leave a few flour streaks, just make sure the big lumps all get combined! Add the melted butter is hot, pour batter into the hot pan.

Place in the preheated oven and bake 15-20 minutes-this will vary depending which pan you chose, so keep an eye on it. Remove from the oven when deep golden brown, cooked through, with puffy edges.

Once the pancake has cooled slightly, add any filling and roll it into a roll. If you're using cottage cheese. it's best to let it sit for at least 2 hours before serving.

BON APPETIT!

HYVÄÄ RUOKAHALUA!

