

RECIPES FINNISH PASTRIES
FINLANDIA UNIVERSITY
Presented by Anneli Johnson

Invitation to “kahviaiset”

Kahvikutsut’kahviaiste or invitation to coffee party and its accompanied delicacies is a typical form of inviting guest to ones birthday or name day celebration. It is time honored tradition in Finland and is still practiced today, perhaps a more simpler version than in the past. The days when you have to have some fourteen or fifteen different types coffee breads and pastries guest were even handed a paper bags to take home what they could not eat at the *kahviaiset party*.

The Basics for coffee table

First, the coffee should be strong and also tea be offered for guest who are not coffee drinkers.

There are several ways to prepare ones *kahvikutsut*. The following basic rules apply, and the variety of offerings can be numerous or limited depending on each individual’s taste and style.

For the typical Finnish coffee table coffee bread, *pulla* or *Nisu*, is a must, and that is perhaps the reason coffee bread or nisu ia in some regions of Finland called “*pakkopullaa*” “*pakko*” meaning “a must .” It is considered impolite to start out piling cakes and cookies on once plate without first sampling of “*pulla*”. It could be compared to starting dinner with deserts. I only speculate this is why the *pakko pulla* got its name.

Second, the table also includes a soft coffee cake, few types of cookies, and a filled cake or *tayte kaakku*. *Kermakaakku Majojen kanssa* (recipe in this publication) Cream Cake with berries is highly recommended by Chef Jussi Rantanen of Mynamaki and *Lohivoileivat*, meaning grave lax or salmon sandwiches with egg and dill should be there as well. Rask or *korppu* were often featured as well, as they could have been made ahead time. Any unsweetened crackers are good to have on hand to place cream cheese and small amount of salmon as a *suolanen pala*, meaning a bite of salty.

In some parts of Finland after *kahvikutsut*, the host serves some type of mineral water.

Kahvikutsut are part of birthday or name day celebration. The person who is celebration his or her birthday organizes and invites the guest herself, or has it catered or ordered the typical items listed above from the *konditory* or a home type, non commercial bakery.

Also family celebrations, such a christening, or engagement party take the form of kahvikutsut. Funerals services are celebrated with *kahviasilla*.as well and are held at *Seurakuanta talolla*.(Congregation meeting house) *Seurakunta talo* is normally separate building from the main church, unlike in United States, where the lower level of the church is devoted to function hall.

I have compiled here my favorite time tested recipes from Finland in addition to recipes from Finnish Cookbooks and long time friends in Finland, where coffee parties play an important role even today. These recipes are time tested and authentic. I have translated them from the metric measures to English measurements. My hope is that you find them useful in your baking endeavors and preparing for a Finnish Coffee Table.

I have found it interesting that the old fashion historic recipes have very few directions and if one is not familiar with baking terms, you are left with your own interpretations. Most people were familiar with baking thus detailed directions were not perhaps needed.

Here is one very old recipe and I am including as an example, and then include the same below which I have added more detailed instructions.

*MUROKAKKU eli Puffi kakku

200 g perunajauhoja

200 g vehnäjauhoja

400 g voita

400 g sokeria

4 munaa

Voi pestään ja hierotaan jauhojen kanssa hyväksi vaahdoksi. Ruskuaiset ja sokeri vatkataan samoin kuohkeaksi vaahdoksi, ja yhdistetään jauhovaahtoon, maustetaan mantelioljylla ja vaniljalla. Viimeksi lisataan kovaksi vaahdoksi vatkatut valkuaiset ja hämmenetään keveästi edelliseen. Seos kaadetaan voideltuun leivitettyyn vuokaan ja paistetaan hyvässä ununin lämmössä.

Translation:

This cake resembles a pound cake but has a much shorter crumb.

1 ½ cup potato starch

1 ½ cup flour

¾ lb butter

1 ½ cup sugar

1 tsp. Vanilla and 5 -6 drops bitter almond oil

4 eggs separated.

Cream butter and sugar well. Add egg yolks, one at the time while continue beating. Fold in both flours and last fold in the stiffly beaten egg whites. Pour into buttered and floured tube pan and bake 325 - 350 F. oven for one hour. Let cool for few minutes and then turn onto wire rack. This cakes improves in flavor as it ages or when stored for few days, so it makes an ideal cake to prepare ahead of time of the kahviaiset..

*PULLA/NISU/VEHNALEIPA

There are many types and shapes of pulla. After today's session you will be competent in shaping different breads, braids, buns and rolls. By using your imagination the shapes and forms are endless. When we let the children bake their own pulla, you will discover even more ideas. Also additional fillings please see suggestions under the heading "Variations".

MASTER RECIPE FOR PULLA: Makes 4 – 5 ten-inch braids and rolls. Oven 375F, Rolls 400F

About 8- 9 cups of King Arthur All Purpose Flower	3 eggs at room temperature
2 cups warm milk	2 tsp. Salt
2 TBS. Yeast dissolved in ¼ cup of warm water	2 sticks of soft butter
1 – 2 cup sugar	2 tbsp crushed cardamom seeds

Mix sugar, eggs, salt, warm milk, butter and cardamom seed and 2 cups of flower; beat smooth. Add dissolved yeast and mix until the yeast is well incorporated into the mixture. Start adding more flour in small portions. The dough should feel soft and elastic to the hand, and never too hard. (Hard dough makes hard and dry pulla) Knead, cover, let rise until double away from draft.

Turn dough onto a baking board; divide it into 4 or 5 parts. You may use one part for making rolls. Divide the rest of the dough into equal parts. Roll them into long strips and braid. Let rise until almost double in size. You may also eliminate the first rising and proceed by making braids after the dough has been made, however, the gluten is not as well developed, and the dough may not be as easy to handle.

Meanwhile preheat the oven to 375 F. Brush raised braids with the beaten egg, sprinkle with sugar and almonds or other nuts if desired. Bake rolls 10 – 15 min, or until golden. The braids will take 20 – 25 minutes. Remove from oven, cover with a towel to let them soften and cool.

Serve warm or cold at the *kahvitable*, for breakfast, with jam, with coffee or for dessert with dessert soups, such as berry soups. Freeze what you don't need immediately. Dry leftover braids for rusks, or make a special plain roll for rusks only.

VARIATIONS:

This dough is also ideal for making **Korvapuustit** or any of your favorite fruit filled rolls or piirakkas. Roll dough into rectangle as long as your baking pan. Spread thinly with **prune filling**, or **dates**, reconstituted. Roll up the long way. Place on the baking sheet, and then cut with scissors to decorative form. **Finely ground nuts and brown sugar** make another fine filling. **Almond paste** is used inside Laskiais pullat. Small strands of **saffron** diluted in the warm milk is used for **Christmas pulla**, to give that special taste and color. **Apples and blueberries** can also be pressed gently on the dough, sprinkled with cinnamon and sugar and decorated with thin strips of dough to make a lattice top **piirakka**. Baked in a 9 x 13 x 2 inch pan. Increase baking time to be sure the dough is not raw in the middle. Use a straw or tooth pick to test doneness.

*LASKIAS PULLAT

1 package of yeast	1 tsp. Cardamom
1 cup cream	1 egg
1 stick of butter	Flour about 3 ½ - 4 cups.
4- 5 Tbsp. Sugar	Brushing, egg
20 ground up almonds	
3 ground bitter almonds	
Oven 375F. 10 min.	

Dissolve yeast in ¼ cup warm water. Pour warm milk or cream over yeast, and mix about half of the flour and the egg. Add sugar, ground almonds, cardamom and butter, and the rest of the flour to make a soft dough. Knead until elastic. Cover with linen towel and let rise until double.

Turn over to baking surface and divide into 10 equal portions. Roll round smooth balls. Let rise on a baking sheets about double. Brush gently with egg. Bake.

How to fill *Laskiaspullat*.

Almond paste about 4 oz and sweetened whipped cream, enough for 4 rolls or *laskiasipullaa*. Cut off a cover from the roll. Place a thin slice of almond paste on the roll, top with whipped cream and place the cut off cover on top, dust with confectioner's sugar.

Better yet: Fill with whipped cream and top with dollop of raspberry preserve, then place the cut off cover on top of this gently, so that both the cream and part of the red raspberry preserve will still show.

*RAHKAPIIRAKAT Cheese filled pullas

From the pulla dough form small balls the size of a golf ball or perhaps a bit larger. Let them rise, and then press down with a flowered drinking glass to make an indentation. Fill it with the following:

8 oz container of ricotta cheese, 3 tbsp sugar one egg, ½ cup sour cream, 1 tsp. Vanilla, half of juice of lemon and a pinch of salt. Mix and drop about 1 Tbs.in each indentation , add a few raisins on top of the cheese filling. Brush with egg and bake in 375 F oven until golden.

*ANNELIN PEHMEA PIIMAKAKKU

Soft Buttermilk Spice Cake

4 eggs	1 cup of raisins
2 cups sugar	½ tsp salt
3 cups buttermilk or <i>viilia</i>	1 tsp. Baking soda
1 cup of butter melted	1 cup of whole wheat flour
1 tsp. Crushed cardamom	4 ½ cups all purpose flour
1 tsp. Cinnamon	
½ tsp. Cloves	

Beat eggs and sugar until light color. Shift flours, baking soda, cardamom, salt, and spices. Add raisins into the flour to coat. Fold buttermilk into the egg mixture then the flours alternately with melted butter. Mix well, but do not over mix.

Bake in the bunt pan buttered and floured at 375 about 1 hr. or until golden brown.

“Even God loves the one who ate good meal.”

MINNA CANTHIN KAKKU

6 oz maple syrup or similar	1 tsp. cloves
$\frac{3}{4}$ cup sugar	1 tsp. ginger
2 eggs	1 Tbsp crated orange peel
1 $\frac{1}{2}$ cups good cream	1 tsp. baking soda
2 $\frac{2}{3}$ cups flour	4 Tbsp .melted butter

Beat cream. Beat eggs and sugar. Combine these carefully. Fold in dry ingredients and syrup alternately in thirds. Last fold in the melted butter. Pour batter in a decorative buttered and breaded tube pan. First bake $\frac{1}{2}$ hour in 350 and then additional $\frac{1}{2}$ hour in 325 oven. Let cool in the pan for few minutes then turn out onto a serving plate. Before serving dust with confectioner's sugar.

*ROONEBERGIN LEIVOKSET Rooneberg's tarts

1 egg	$\frac{1}{2}$ cup finely ground almond
$\frac{1}{2}$ cup sugar	$\frac{1}{4}$ lb butter, melted
$\frac{1}{2}$ cup cream	1 cup bread crumbs
1 tsp. baking powder	1 cup flour

For Decorating: Jam or marmalade and sugar water frosting

Oven 350

Beat egg and sugar well. Add cream and cooled melted butter. Mix baking powder and flour well, add to egg and butter batter along with almonds and bread or cake crumbs. Bake in cupcake thins, When cooled, decorate with sugar and water frosting (below) and top with a small amount of jam.

Frosting:

1 cup powdered sugar

About 2 Tbsp. water.

Beat until smooth and add 1 tsp. oil if you wish the frosting to look more shiny.

Köyhiä ritaria, poor knights

Wehnäleivästä tai hiivaleivästä leikataan viipaleita, joille levitetään vähäsen voita päälle. Voileivät kastetaan maidossa ja paistetaan ruskeiksi pannussa voissa. Näille paistetuille viipaleille levitetään puolukka hilloa päälle ja viedään tarjolle kuumana jälkiruuvaksi.

CHOCOLATE CAKE by Ruth Olson, Fitchburg, MA

Ruth was a well known and sought after chef and catered for many famous families from New York who summered in Berkshires, in Massachusetts.

1 cup sugar
1 cup brown sugar
½ cup butter or shorting
3 eggs
1 ½ tsp. vanilla
3 sq. unsweetened chocolate melted
1 ½ cup milk
2 cups flour
1 tsp. salt
1 ½ tsp baking soda

Cream butter and sugar. Add brown sugar alternately with eggs, beating well after each addition. Add vanilla and chocolate; add flour sifted with salt and soda alternately with milk. Bake 350 oven in a tube pan about 45 – 1 hr. best to leave this cake a bit under baked to retain its moisture.

***KERMAKAAKKU OR TAYTE KAAKKU MARJOJEN KANSSA**
Cream Cake with Berries

This cake comes highly recommended by Chef Jussi Rantanen of Mynamaki. He tells me it is one of the most asked for cakes to be included in his coffee tale. It is brought to the table after everyone has already had pulla and one of the soft spice cake.

Cake for Kermakkaaku buttom is this sponge cake below or Sienikakku, which can be used for numerous other cakes intended to be filled.

5 eggs
1 cup sugar
1 ½ cup flour
5 Tbsp. boiling water
1 ½ tsp. baking powder
1 tsp. vanilla and 1 tsp. lemon rind

Beat eggs and sugar until creamy. Add boiling water one tbsp. At the time while beating. Shift flour with baking powder. Fold into egg mixture. Pour on non stick sprayed baking pan Bake 45 min in 350 F.
Let cool in pan and turn to a sugared baking paper.

Whip 1 cup of cream and fold in 1 Tbs. sugar and tsp. vanilla extract..
Cut the cake in three equal sizes crosswise.
Place berries or preserve in the bottom layer and vanilla cream over the next layer.
Spread cream on top layer. Spread cream on sides and decorate with the best looking berries reserved from the fruit filling or thinly sliced bananas.
Berries can be strawberries, raspberries or cloud berries, depending on the season.
Sweeten the berries according to their needs and save the best looking whole berries for decorating the top and along the edges.

VANILLA FILLING FOR CREAM CAKE

1 cup cream or half and half
2 Tbsp. potato starch
2 -4 tsp. sugar
1 egg

Mix together and cook over low heat until desired consistency while beating continuously. Cool and add 1 tsp. vanilla extract. An alternative for filled cakes.

SIENIKAKKU Sponge Cake for filled cakes.

3 eggs
1 cup sugar
5 Tbsp. water
1 cup plus 2 Tbs. flour
1 tsp. baking powder

Beat eggs and sugar well. Add water one tablespoon at the time while continuing beating. Mix baking powder and flour well. Fold in to egg batter carefully to prevent batter from collapsing. Pour into flat pan bottom covered with buttered baking paper. Bake 375 F. oven about 15 min. Let cool in the pan.

This is your standard sponge cake for filled cakes, for strawberry and whipped cream cakes or for any filled cakes you may prefer.

VIINERLEIVAT/DANISH PASTRY

In Finland we never called these delicate pastries Danish, but Viennese Pastries. They are labor intensive, but worth the time for this very special pastry.

2 packages of dry yeast.	2 cups cold milk
8 Tbsp. Sugar	6 cups flour
4 egg yolks	

For rolling:

Mix 2 sticks butter with $\frac{1}{2}$ cup plus 2 tbsp. flour and roll into a rectangle half of the size of the yeast dough.

Sprinkle the yeast in a small amount of the 2 cups cold milk in a large mixing bowl, and let proof for few minutes. Pour in rest of the cold milk and add about half of the flour. Mix a few times around with the wooden spoon. Add sugar, egg yolks and the rest of the flour in small batches and mix the dough quickly.

Now roll the dough on a floured board to a square of about 16 inches.

Place butter mixture over half of in fold the dough in threes. Roll out and fold in three, three times.

If the dough start to stick to the table, it is best to stop rolling, and place it in the baking sheet in the refrigerator for 15 20 minutes until it stiffens. Then continue.

Before forming the pastries, place the dough again in the refrigerator for 20-30 minutes.

Roll out and spread with filling of nuts and sugar. Cut into 2 inch pieces and place in the cupcake papers . Let rise for 15-29 minutes. Bake in 450 oven for 10 min.

FINNISH SPOON COOKIES Lusikka leivat (will be offered for sampling)

1 cup of butter	2 cups flour
$\frac{3}{4}$ cup sugar	$\frac{3}{4}$ tsp. baking soda.
2 tsp. vanilla	

Melt butter in a clean frying pan. Stir until it gets golden color, but be careful not to let it burn. Pour into a mixing bowl. Stir until cool. Add vanilla, mix soda with flour and add to butter.

Make small cookies by pressing dough in a teaspoon and sliding it onto a cookie sheet. Bake at 350 oven until slightly brown, about 7 minutes. Cool slightly. Press two cookies together with the flat side and place a small amount of marmalade or raspberry preserve in-between them. Finish by rolling in granulated sugar. These cookies stay fresh for a year, if you don't eat them before.

Invite a friend to make them with you and have a glass of cherry while making them, more fun that way.

*HANNA TADIN KAKUT Aunt Hanna cookies

These are the most popular and traditional Finnish cookies, however they were seldom served at banquets, according to *Savon Keittokirja*, by Eila Ollikainen ja Sinikka Määttä..

2 coffee cups of sugar	1 tsp. baking soda
1 coffee cup heavy cream (sour)	1 coffee cup potato flour
1 coffee cup melted butter	3 -4 coffee cups flour

Melt butter and let cool. All ingredients are mixed together quickly and formed to small balls, about the size of walnut and baked in a mild oven (350).

Part of the white flour was rye flour, because white flour was expensive and not readily available. Potato flour was made home, and therefore was a convenient flour for baking.

CINNAMON S's "kaneli ässät"

2 sticks of butter	2 $\frac{1}{2}$ cups flour
1 cup sugar	2 tsp. Baking powder
2 eggs	2 tsp. Cinnamon

Cinnamon and sugar for decorating.

Beat butter and sugar. Mix flour , cinnamon and baking powder. Add eggs white beating at thigh speed. Fold in flour. Let the dough rest for 2 hours in a cold place.

Roll out $\frac{3}{4}$ inch thick rope . Cut them into 3 inch pieces, roll in cinnamon sugar and shape into a " S" . Bake in 350 F until light brown 8 -10 minutes.

***SUOMEN MUREKAKKU**

Finnish Pound Cake

1 stick of butter	1 tsp. baking powder
1 stick of margarine	3 eggs at room temperature
1 ½ cups sugar	½ cup flour
1 ¼ cups potato flour	1 tsp lemon peel or vanilla extract

Cream butter and margarine together. Add sugar, cream well until light in color. Beat in eggs one at the time. Sift dry ingredients together after measuring and fold into creamed butter egg mixture. Bake at 350 oven for 45 min in a tube pan.

***TOSCA KAAKKU**

Tosca cake is popular Coffee Table and is good to have in your “repertoire” of baking skills. Tosca Cake taste delicious and is elegant to serve. 350 over, 45 minutes, 8 inch square or round pan.

2 eggs	1 stick melted butter
½ cup sugar	2 Tbsp. cream or milk
¾ flour	
1 tsp. baking powder	

Topping:

½ cup sliced almonds	
½ stick of butter	1 Tbsp. flour
3 tbsp sugar	1 Tbsp. cream or milk

Beat eggs and sugar well. Mix flour and baking powder, and fold into egg batter, as well as the cream and melted butter.

Pour into buttered and floured round or square cake pan. Bake about 30 minutes first.

Meanwhile make the topping:

Melt butter in a saucepan, add almonds, flour and cream, stir and bring to boil. Spread evenly on cake after about 30 minutes baking. Return to oven for another 10 or 15 minutes.

***HERRASVAEN LEIVAT the Upper Class Cookies from Terttu Savoie.**

These are the easiest cookies to whip up in minutes, and they get only better tasting as they age few days or weeks. Makes 3 -4 doz. cookies. Bake in 375 oven.

	1 egg
	1 ½ cup of flour
1 cup butter (2 sticks)	1 ½ cup of potato flour
1 cup of sugar	

Cream sugar and butter. Add egg and beat well. Fold in flours. Roll 1 inch thick. Cut into slices and press down with two fingers to leave small indentation. Bake till light golden.

* UNELMATORTTU (Dream Roll)

Dream roll one of my favorite offerings at the coffee table. Note, it uses one raw egg yolk in the butter frosting, and because it is not recommended today using any raw eggs particularly if you do not know where the eggs are coming from. But if you buy your eggs from a local farmer and he uses local feed and the hens are free roaming, you can safely use one raw egg yolk in this frosting.

3 eggs
1 egg white
½ cup sugar
½ cup potato flour
2 Tbsp. Coco
2 tsp. Baking powder

Frosting
1 egg yolk
¼ cup butter
¾ cup confectionary sugar
½ tsp. vanilla

Preheat oven to 450 F. Prepare a 12 x 18 cookie sheet by lining it with buttered parchment or baking paper. Beat the 3 eggs and 1 egg white until lemon color with the ½ cup of sugar. Sift together potato starch, coco and baking powder. Fold into beaten eggs. Spread on prepared cookie sheet. Bake 5-6 minutes. Turn upside to another sheet of parchment paper sprinkled with granulated sugar.

Frosting: Beat together all the ingredients, and frost the cake after it has cooled. Then roll tightly in the parchment paper. Refrigerate seam side down. When ready to serve, slice about two inch thick slices. . Place in the pastry paper or cup cake paper for easier handling by guest.

LIISIN KAAKKU (Liisi's Cake)

This cake recipe was passed on in our family from my aunt in Helsinki. Her name was Liisi Lahtinen Kampe. She lived in Helsinki, and I was her favorite niece. I could always visit her in Helsinki during summer vacations and winter breaks. Liisa and her husband Herman and their son Gosta, my cousin, lived in the Medica, a well known Factory which laboratories manufartored medicine. For example, they produced a cough medicine made of all natural ingredients and used honey as sweetening. It always cured my cough or a cold. Now Medica is owned by Orion.

My aunt's husband was the Plant Manager, and was given an apartment in the building. Liisa was a fantastic cook and baker, just like my mother.

This recipe is interesting, in that it is so old, that it uses only coffee cups for measurement. Finnish coffee cups are a bit smaller than American counterpart. So, if you have a Finnish coffee cup, by all mean use that. And –if it has Arabia marking in the bottom, it is a collectors' item. However, the recipe itself goes back even further, when *emanta*, the wife who was in charge of the big manner house, or *talo*. *Talo* goes with large tracts of land as *torppa*, is often located on landowners property. could be a *sharecropper*, or *torppari*, it is a long building with two entrances, one for the kitchen and the other for *paraati* or parade entrance, for guest and dignitaries.

Those days, *emanta* did not use any measuring cups, as we know today. She used her regular coffee cup. She also used the materials that were readily available in this type of a manner house or a farm from their own fields, cows and hens. The manner house is a large farm with diverse production of cattle, horses to do the work, poultry for meat and eggs, orchards, berry bushes in the front yard, variety of grains, and potatoes, as well as a kitchen garden for herbs and flowers. Several large out buildings and *navetta* form a court yard, sauna near the lake, not only for a weekly baths, but for curing the meats for longer keeping, namely hams and bacon as well as making malt for beer or *kalja*. One can still buy this sauna cured meats and sausages and is a rising cottage industry. Mynamaki has its own Heikkilan *palvaamo*, curing facility, and their meats and sausages are available in the local supermarket in a special cooler case for shoppers' convenience. The supermarket takes no commission for selling the local producers specialty products, as it benefits their store by bringing customers for the local produce free from preservatives and nitrates. Home made Kalja is also served today in most get-together or *kutsuissa*.

So – back to Liisi's cake. *Emäntä* took eggs, sugar, (the only item she needed from a store), sour cream (there was plenty of sour cream, as the cream was allowed to sour for butter making), butter and flour. Flour from their own grain was either milled at the farm or nearby mill which also milled for the area farmers. It wasn't milled to a fine flour, but left to somewhat coarser consistency. Today we called it *karkeat jauhot*.

This cake recipe has no mentioned of the size of the pan or any flavorings, neither the oven temperature, because the oven was wood fired and the flavorings were what was gathered in the summer time from the fields, such as cumin, and perhaps lavender. Orange peel was often used. Its basic ingredients makes the cake very tasty and goes well with coffee as it is made with wholesome ingredients. Raisins seemed to be enough of an addition. The texture is different because no air has been incorporated to the batter. *Emäntä*, (the lady of the farm) did not have the time for beating the eggs and sugar first. She just needed to whip up a cake for her family or for her *renki*, (steady hired hand) whom she had invited to *tupa* (the large room) for afternoon coffee.

This is why I want to share this historic recipe with you, if you need to whip up a similar cake in the hurry, all in one bowl.

*Liisin kaakku:

3 eggs
1 ½ coffee cups of sugar
1 “ “ sour cream or viili
1 1/2 coffee cups melted butter (1 ½ stick)
3 coffee cups flour, partly coarsely ground
3 tsp. baking powder
1 coffee cup raisins .

Mix all ingredients in the order from the top. No need of beating.

Bake in 350 F oven for 50 minutes to 1 hr. in buttered and floured tube pan, until a toothpick inserted in the center comes out dry.

FARIINIKAKKU Riitta Uosukainen

2 eggs	1 stick of butter
1 cup of brown sugar	1 cup of sour cream or kermaa filia
1 tsp. Cinnamon	2 cups flour
1 tsp. Cloves	1 tsp. baking soda
2 tsp. Cardamom	½ cup raisin

Butter the cake pan and coat with crumbs and crushed almonds.
Melt Butter. Shift flour with spices and baking soda. Beat eggs and sugar until fluffy.
Fold in flour alternately with butter milk or kermaviili and last the melted butter.
Bake in 325 oven for 50 -60 min.

CRANBERRY COOKIE BARS

Massachusetts, my home state, is the second largest producer of cranberries in US 148 million pounds annually. Each acre of bog yields about 120 barrels. Barrel equals 100 lbs. Cranberry is a Native American fruit and grows on a vines like a strawberry.

1 ½ cup flour	½ cup brown sugar, packed
1 tsp. Baking powder	2 eggs
½ tsp salt	1 tsp. Vanilla
½ cup butter	1 cup fresh cranberries. Chopped
1 cup sugar	½ cup chopped walnuts (optional)

Preheat over 350 F. Grease 9x13x2 in. pan. In a bowl shift together flour, baking powder and salt. In a second bowl, cream butter and both sugars. Add eggs one at the time beating until fluffy; stir in vanilla. Blend in dry ingredients. Stir in cranberries and nuts. Spread in greased pan, bake 30 min. When cool, cut into bars.

PRINSESSA KAAKKU (Princess Cake)

In 2005, when my husband and I were touring Florida Gulf Coast, we wanted to see the famous Tarpon Springs, where the Greek tradition of diving for sponges still is practiced by immigrants and their descendants from Greece. We happened to be at the pier when one driver had just returned from his four day trip out to the sea diving for sponges. His whole family followed him out, so that the young ones will surely learn sponge diving early on.. He was now cleaning his catch and we naturally watched and then bough several. They are the most gentle “wash cloths” one can own. I understood that these sponges are renewable, in that the mollusk grows a new one to replace the one that was cut off. The waterfront homes and businesses are painted in blue and white, so we felt very much at home. (Finland’s colors are also blue and white, however, a bit different shade of blue from the Greeks)

We ventured into a small restaurant that the outside seating was on the water. It had on its desert menu Princes cake, knowing that it is typical Finnish and Swedish “*tayte kaakku*”

or filled cake, I asked the waiter how is it that you have Princess Cake in this Greek restaurant, and she said that the former owner was from Sweden, and that the new owner liked it so well, and it was one of the best sellers as well. So he had the Swedish baker teach him how to make them and continue having it on the menu, because patrons now expected it to be on the desert menu. So there it was as good as you get it in Finland. This cake is an excellent revenue enhancer in any fine coffee shop.

I have been looking for this recipe in my cook books in vain, and finally found it this August 2007 while visiting Finland and Mynamaki. The Otavan Suuri Keitto Kirja by Lilja Karjalainen ja Anna Reenpää, the third edition, 1971 was in a consignment shop. This book has been out of print for many years. New ones are not as comprehensive.

*PRINCES CAKE. (12 PIECES)

5 eggs
1 cup sugar

1 Tbsp. Flour
½ cup of potato flour

Cream Filling:

1 cup of light cream
2 egg yolks
1 Tbsp. Sugar
2 tsp. potato flour
2 packages of plain gelatin dissolved.

1 cup heavy cream, whipped
2-3 tsp. Vanilla sugar or if using extract, add it to the small amount of cold water that the gelatin has been dissolved.

Decoration:

One or two packages of marzipan
Green food coloring
Powdered sugar for dusting

Round 8 – 9 inch form
Oven 350, 30 minutes

Beat eggs and sugar well. Combine both flours and blend them into egg mixture. Pour into unbuttered pan which bottom has been fitted with buttered baking paper. Bake the cake and allow it to cool in the pan. Slice it in half.

Mix the light cream and potato starch and sugar, bring to boil just enough to take the raw flavor of potato starch away, add dissolved gelatin and egg yolks. Use a double boiler to finish off cooking the custard cream filling. Be careful not to let the mixture boil, only enough to coat the spoon, Let cool, but not harden and add vanilla.. Lastly fold in the whipped cream. Now let the cream harden.

Join the cake halves by using half of the cream filling. Spread the rest on top and sides.

Color the marzipan to light green, and roll it out between plastic film Saran wrap. Roll it large enough so it covers the cake. Press the marzipan along the edges of the cake. Roll the left over marzipan to a rope and arrange around the cake or make small flowers and decorate the cake.

VADELMA RUUDUT (Raspberry Squares) from my friend Lahja Kohonen of Quincy.

½ cup butter	1 tsp. Vanilla extract or sugar
¼ cup sugar	1/1/2 cup flour
2 egg yolks	
Raspberry preserve 8 oz jar.	

Beat butter and sugar until light. Add egg yolks one at the time, while beating. Add vanilla. Fold in flour. Spread in 9x13 pan. Bake 10 minutes, Spread with raspberry preserve.

Beat egg whites with ½ cup of sugar, adding sugar slowly after the whites have been beaten to hold a peak.

Spread over raspberries and bake until meringue is light brown. Sprinkle with chopped walnut if desired. When cool, cut in squares of desired size. For Commercial sale cut larger squares.

MOCKA CAKE Mokka kaakku. From my friend Kerttu Rapo

350 oven 30 minutes

5 large eggs	½ tsp. Baking powder
½ cup sugar	1 Tbsp. Strong coffee
2/3 cup flour	
¼ tsp. Salt	

Separate eggs. Beat the yolks and sugar until light and creamy, add flour salt and baking powder which have been sifted together. Add coffee. Fold in stiffly beaten egg whites. . Crease two cake tins bottoms only which are lined with baking paper, dusted with flour.. Leave edges un- buttered.

Fill and cover with mocha cream. Decorate with nuts or chocolate coffee candy beans.

MOCHA CREAM

6 oz sugar	3 egg yolks
4 oz butter or ¼ lb.	¼ cup strong coffee

Beat egg yolks with sugar until light. Add coffee and stir well. Put in double boiler and cook until mixture looks like creamy custard. Be careful not allow the custard to come to boil. Cool. Beat butter to a cream small pieces at the time, mix with custard. Spread on top of lower half of the cake. Place the other half on top. Cover top and sides the remainder.

*FARIINI KAAKKU Brown sugar spice cake

1 ½ cup brown sugar	1 tsp. Cloves
2 1/3 cup flour	¼ tsp. Salt
1 tsp Baking soda	5 oz or ¾ cup buttermilk or piimää
2 tsp Cardamom	2 eggs
2 tsp cinnamon	¼ lb butter
2 tsp. Ginger	

Melt butter. Mix sugar, flour, soda and spices well together. Pour in piima, add slightly beaten eggs, and the melted and cooled butter. Mix all the ingredients together with few strokes. Poor in a tube buttered pan and bake in 350 oven one hour. If your brown sugar has hardened, place in the microwave oven proof dish, cover with moist paper towel and then saran wrap, nuke for a few seconds, or until the sugar has softened.

SUOMLAINEN UUNI PANNUKAKKU Finnish Oven Pancake by
Massachusetts Poultry Assn. Inc. developed by Irene Hermanson, University of Mass.
Worcester County Extension for the Eastern State Expo, in West Springfield, MA.

8 large eggs	1 tsp. salt
1 qt. fresh milk	1 cup flour
3 – 4 Tbsp. sugar	¼ lb. butter

Melt ¼ lb butter in a 12x16 pan. Mix thoroughly with beater – milk and eggs. Then add flour, salt and sugar. Pour batter over melted butter. Bake in 450 oven for 20-35 minutes. Cut recipe in half for 9x13 pan. Serve with strawberries, and whipped cream, or with maple syrup and a dollop of mildly sweetened whipped cream. Also any other local berries are fine, such as June Berry preserve. I often serve this with home made cranberry preserve and whipped cream to help keep our cranberry growers in business.

This is an ideal brunch dish when served with bacon and sausages or having friends over for lunch omitting the meats.

KARJALAN TAI SAVON PIIRAKAT

30 piirakka	½ stick melted butter
Dough:	3 cups rye flour
2 cups water	1 cup white flour
1 tsp. Salt	

Rice filling:
2 cups water
2 cups of rice
4 cups milk
1 tsp salt
½ stick of better

Rice is cooked before piirakkas are made. Dough can be made the day before. Roll out small rounds. Fill with rice and crimp edges. Bake in 450 Oven for 20 min. Ready made piirakkas are brushed with warm milk and butter mixture. Then cover with towel. Serve with egg butter.

Rice filling is made and the let cooled. The pastry dough is made the day before, so it has time to develop. The roll 2 mm. thick rounds. Fill them with rice filling, crimp edges with your thumb and forefinger to a decorative fold. Bake in 450 oven 20 min Baked piirakkas are brushed with warm milk and butter mixture or quickly dipped in the mixture. and then covered with linen towel to soften. Serve with egg butter by mixing butter with boild shopped eggs.

A basket or jauhoseula makes an ideal storage container for piirakkas, as it allows the moisture leave and piirakat stay dry and not become wet and *litiskoiksi*. (floppy)

The diffrence between Karelian and Savo Piirakkas is that Sovo piirakkas are round as the dough is cut with summpi kannun cover or sauser, unlike Karjalan piirat are roled with rolling pin and Karelian uses pulikka. So the only difference is the form.

APPLE CRIPS

This apple crisp is the best that I have made, and deserves to be saved for future. It comes from Chef Owner, Chris Schlesinger, of east Coat Grill in Cambridge, MA.

12 tart apples about 4 ½ lbs.
1 cup granulated sugar
2 Tbsp. Lemon juice (about half of lemon)
¼ tsp. Plus 1/8 tsp. Nutmeg
8 Tbsp. Brown sugar
2 ½ cups flour
½ tsp cinnamon
½ lb cold butter
1 ½ cups coarsely chopped toasted walnuts
Whipped Cream for garnish

- 1) Preheat oven to 375 degrees F.
- 2) Wash apples, then core and quarter them. Cut each quarter into thirds and toss with $\frac{3}{4}$ cup of sugar, the lemon juice and 1.4 tsp. Nutmeg. Allow this to sit for 20 min.
- 3) Combine the remaining $\frac{1}{4}$ cup sugar, the brown sugar, flour, the remaining $\frac{1}{8}$ tsp. Nutmeg and the cinnamon in the mixing bowl of an electric mixer.
- 4) Cut each stick of cold butter in half lengthwise and then into 6 pieces.
- 5) Using a paddle attachment, turn the mixer on low speed and add butter, mixing only until the mixture resembles coarse cornmeal. Do not over mix or the topping will not crumble properly.

- 6) Arrange the apples in one layer in a 11" x 15 baking dish. Sprinkle the topping over them evenly and then sprinkle on the walnuts.
- 7) Bake for about 40 minutes, until the apples soften and the top browns.
- 8) Serve warm from the oven or at room temperature with whipped cream.
- 9) Makes 8 – 12 servings.

SUOMALAINEN LIMPPU Finnish rye bread

I was fortunate to get this recipe from Ipa Saarisalo of Mynamaki, while there this August 07 to Marjatta Junnila's funeral service. This bread will be featured in the open face salmon sandwiches.

The day before baking start out with adding to a large mixing bowl

1 cup of malts (2 dl.)

1 cup sugar

1 cup of hot water

Caraway seeds

1 tbsp salt.

Let this stand over night.

Next day add 4 cups or 1 lt. buttermilk or piimaa.

1 tbsp. yeast and enough of rye flour to make loose dough. Let this rise until double.

Now add $\frac{3}{4}$ cup syrup. (I use maple syrup and molasses) Add some rye flour and the rest add white flour to make firm dough. At this time use more white than rye. Only start out with rye.

Let rise again, and then knead and make either round lippas or loafs. Let rise to almost double.

Bake in 350 oven until tapping the bottom of the loaf sounds hollow. Brush tops with syrup or butter to make a soft and sweet crust.

You may add in addition to caraway seeds, anise and grated orange peel if you like a more pronounced flavor. The above flavorings enhance rye breads. Adding any other flavors will only take away from the rye breads integrity.

5 eggs

1 cup sugar

1 $\frac{1}{2}$ cup flour

5 Tbsp. boiling water

1 ½ tsp. baking powder

1 tsp. vanilla and 1 tsp. lemon rind

Beat eggs and sugar until creamy. Add boiling water one tbsp. At the time while beating. Shift flour with baking powder. Fold into egg mixture. Pour on non stick sprayed baking pan Bake 45 min in 350 F.

Let cool in pan and turn to a sugared baking paper.

Whip 1 cup of cream and fold in 1 Tbs. sugar and tsp. vanilla extract..

Cut the cake in three equal sizes crosswise.

Place berries or preserve in the bottom layer and vanilla cream over the next layer.

Spread cream on top layer. Spread cream on sides and decorate with the best looking berries reserved from the fruit filling or thinly sliced bananas.

Berries can be strawberries, raspberries or cloud berries, depending on the season.

Sweeten the berries according to their needs and save the best looking whole berries for decorating the top and along the edges.

VANILLA FILLING FOR CREAM CAKE

1 cup cream or half and half

2 Tbsp. potato starch

2 -4 tsp. sugar

1 egg

Mix together and cook over low heat until desired consistency while beating continuously. Cool and add 1 tsp. vanilla extract.

Liisin kaakku:

- 3 eggs
- 1 ½ coffee cups of sugar
- 1 “ “ sour cream or viili
- 1 1/2 coffee cups melted butter (1 ½ stick)
- 3 coffee cups flour, partly coarsely ground
- 3 tsp. baking powder
- 1 coffee cup raisins .

Mix all ingredients in the order from the top. No need of beating.

Bake in 350 F oven for 50 minutes to 1 hr. in buttered and floured tube pan, until a toothpick inserted in the center comes out dry.