Zucchini Bread Recipes

Finnish Salmon Soup (Lohikeitto) Recipe

15 min Prep time	**30 min** Cook time	**45 min** Total time
4 Servings	**Easy** Difficulty	**Finnish** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb fresh salmon fillet, cubed
- [ ] 3 medium potatoes, peeled and diced
- [ ] 2 carrots, sliced thin
- [ ] 1 small onion, finely chopped
- [ ] 2 tbsp butter
- [ ] 4 cups low-sodium fish or vegetable broth
- [ ] 1 cup heavy cream (or oat cream)
- [ ] 2 tbsp fresh dill, chopped
- [ ] 1 tbsp lemon juice
- [ ] Salt and white pepper to taste

Instructions

1. Melt butter in a large pot over medium heat, then add the onion and sauté until translucent, about 4 minutes.

2. Add the diced potatoes and carrots, stir for a minute, then pour in the broth; bring to a gentle simmer.

3. When vegetables are just tender, lower the heat and gently fold in the salmon cubes; cook for 5-7 minutes until the salmon flakes easily.

4. Stir in the cream, lemon juice, and half of the dill; season with salt and white pepper. Heat through without boiling.

5 Remove from heat, sprinkle the remaining dill on top, and serve hot with rye bread.

Nutrition per serving

380 kcal	30 g	25 g	20 g
Calories	Protein	Carbs	Fat

Tips & notes

- For extra depth, simmer the broth with a few fennel fronds before using.
- Taste and adjust seasoning at the very end; the dill can become overpowering if added too early.
- If you prefer a thicker soup, mash a few potato pieces against the side of the pot.