

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.