



JERNEJ KITCHEN

FINNISH SALMON SOUP (LOHIKEITTO)

Finnish Salmon Soup, or Lohikeitto, is a delicious soup recipe made with potatoes, salmon, and cream. The prep is simple, and it's made in one pot.

SERVES	4	PEOPLE
PREPARATION:	10	MINUTES
COOK:	25	MINUTES
TOTAL TIME:	35	MINUTES

FINNISH SALMON SOUP

30 g (2 tbsp) butter
3 carrots, peeled and chopped
1/2 leek, chopped
500 g (1 pound 2 oz) potatoes
1200 ml (5 cups) fish broth or water
500 g (1 pound 2 oz) salmon fillet,
skin removed
80 ml (1/3 cup) whipping cream
1 tbsp fresh dill or 1/2 tsp dried dill
1 tbsp fresh dill, to serve

TOOLS AND EQUIPEMENT

pot
speed peeler
kitchen knife
cutting board

SAUTE THE VEGETABLES

Place a pot with butter over medium heat. Add the carrots and leek. Saute for 5 minutes, stirring occasionally.

COOK THE POTATOES

Cut the potatoes into quarters, and add them to the vegetables. Add in the fish broth or water. Season with salt, pepper, and dill. Bring to a boil, then cover with a lid and simmer for 15 - 18 minutes or until the potatoes are cooked and soft.

TIP

[There's no need to peel new potatoes](#)

SALMON SOUP

Cut the salmon fillet into small pieces. Add the fish and the cream to the soup and stir to combine. Cook for another minute (uncovered), then remove from the heat, cover with a lid and set aside for 4 - 5 minutes for the salmon to cook. Divide the salmon soup between four plates and sprinkle it with fresh dill.

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