



Kaakkois-Suomen
ammattikorkeakoulu

Ahti's bounty on your plate

Taina Harmoinen and Teija Rautiainen (ed.)

Fish & Eat – development programme for the food services of fishing tourism entrepreneurs



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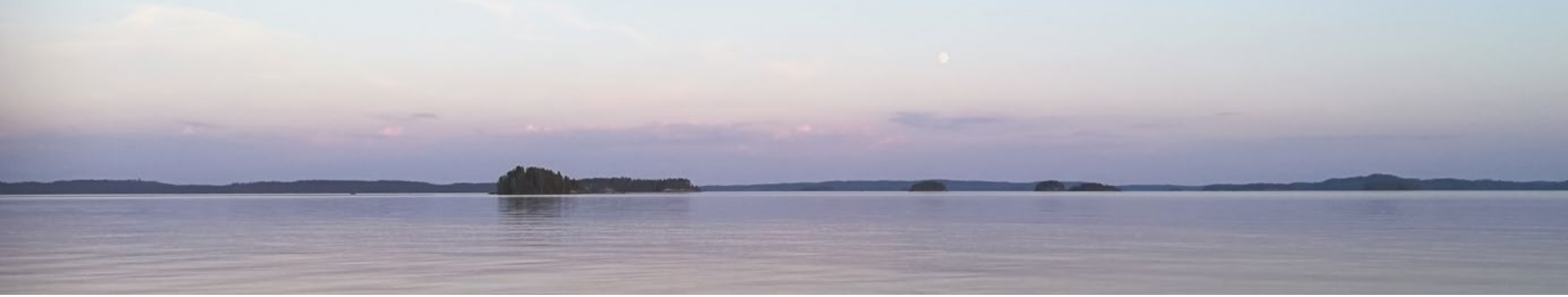
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Taina Harmoinen and Päivi Hostikka

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For the reader

Finland's clean waters are a veritable treasure trove for the fishing enthusiast. Caught fish can be cooked for the fisher herself, maybe even during the fishing trip. Tasty inland water fish are an essential component of meals at many travel destinations.

The Fish & Eat project mapped out the current state of food services included in fishing tourism products among fishing tourism entrepreneurs of Eastern Finland in the spring of 2018 and determined entrepreneurs' wishes concerning the product development partnerships for fish foods. Entrepreneurs wanted to see recipes for picnic products and open fire cooking as well as for lake fish menus prepared in accommodation kitchens. The most wanted fish ingredients included the most common caught fish, namely perch, pike, and pike perch.

Alongside the product development made on behalf of the entrepreneurs several fish food recipes were invented, some of which are included in this book, called Ahti's bounty on your plate.

The book begins by describing the most common fish, their processing, and use in cooking. Because a good fish dish is completed by a suitable drink, the book also contains a summary of the best drinks to enjoy with fish dishes.

The recipe section contains products of innovative experiments, including fish sticks, vendace pasties, and smoked fish pancakes.

May your lines be taut and your fishing and cooking enjoyable!

Mikkeli, 25.3.2019

Taina Harmoinen

South-Eastern Finland University of Applied Sciences, Project Manager, Fish & Eat – development programme for the food services of fishing tourism entrepreneurs





The most commonly caught fish in Finland's inland lakes

Finland's clean inland lakes provide opportunities for many kinds of recreational activities. Fishing is one of the finest ways to spend a summer holiday for many people, enjoying nature and good company – hoping of course to catch something too.

Perch is our most common fish

The perch is Finland's national fish and one of the most common fish to be found here. It has spread almost entirely throughout the country, excepting the northernmost corners of Finnish Lapland. Perch can live in practically all types of waters.

The size of caught perch usually varies from a hundred to a few hundred grams, but when nutrition is plentiful they can reach weights in excess of two kilograms. Perch can be caught by many means, including ice fishing, rod fishing, trolling, jigging, trapping, netting, and spearfishing.

The perch is one of our most valued edible fish. It can be cooked in many ways, including smoking, pan frying, or even baking into the traditional Savonian delicacy, namely the pasty *kalakukko*.

Mikko Jokela, RDI Expert,
South-Eastern Finland
University of Applied Sciences

The most common catch for a summertime fishing trip is the perch. There are some sizeable perch included in this catch. ▶





◀The bream can weigh several kilograms at best.

Bream provides the ingredient for many kinds of processed foods

The bream has spread all the way from our coastal waters to around the Arctic Circle. The bream thrives in eutrophic waters in particular, but can get by well even in harsher and brighter lakes.

The bream used to be a popular catch among both amateur and professional fishers, and nets, traps, and spears have all been used to catch it. The bream is delicious but also quite bony, making it a slightly more challenging ingredient for the domestic cook. The bream can be made into delicious foods by smoking or cooking it in the oven, and the bones are easily picked out from fish weighing at least one and a half kilogram.

Pike grows quickly and has a big smile

The pike has spread wide in our country, inhabiting the sea coast as well as most of our lakes. It usually prefers to stay in shallow shore zones, stalking its prey among reeds and other water-based vegetation. Larger members of the species can also be found out on the open water, close to shoals of vendace and Baltic herring. The pike is quite faithful to home, travelling farther only during mating season in search of suitable breeding grounds.

The pike is a popular catch among sports fishers, especially line and rod fishers. The pike can be caught by trolling, rod fishing, jigging, and ice fishing, and even some anglers have specialised in catching pike. The pike is one of the most important catches on guided fishing trips as well and the grand prize for some fishing tourists.

As more and more fishers know how to fillet a pike into completely boneless fillets, the culinary experiences offered have also increased. For it is the case that the pike has a very mild taste, making it an excellent ingredient for the skilled cook. A boneless, cold-smoked pike fillet for example is an undisputed member of the smoked fish nobility.

The pike is one of the most important catches on guided fishing tours. The largest individuals should be released after catching unless they have been injured by hooks. ►





◀ Typical catch for a summertime fishing trip: a couple of pike perches and a pike.

Pike perch is a popular catch

As a species that prefers warmer waters, the original range of the pike perch comprises the waters of Southern and Central Finland as well as the shores of the Gulf of Finland and the Archipelago Sea. It has been planted farther north as well, inhabiting the waters of Lake Kemijärvi and Tengeliönjoki River. The pike perch likes water types that are murky because of clay or humus, get warm early in the spring, and stay warm for long.

The legally mandated undersize limit for the pike perch is 42 cm. The largest pike perch ever caught in Finland weighed a hefty 14 kilograms. The most popular fishing techniques in catching the pike perch are trolling and jigging. Jigging especially has grown in popularity over the recent years among recreational fishers, being an interesting technique that yields plenty of catch.

Being a relative of the perch, the pike perch likewise provides all kinds of delicacies for the dinner table. It can be deboned quite easily and can serve as a pasty fish or a salted snack on a slice of bread.



Burbot lives in colder water layers

The burbot is encountered in almost all of our waters, including the coast, and it is one of the most widespread fish species of the northern hemisphere. The burbot likes colder water layers, rising up to shallow shore zones only during its mating season in January and February. As the waters get warmer, it will return to the depths to hunt its prey.

The burbot can be used in cooking all year round, as long as it is kept in the cold after being caught. The soft meat of the fish spoils easily if processed or stored incorrectly. The main catching methods for the burbot are nets and traps. Hook and ice fishing during dark winter evenings, illuminated by a head lamp or a lantern, are also popular techniques, especially among recreational fishers.

The burbot provides for versatile cooking; it is well suited for all fish dishes. A fully smoked burbot or a deboned burbot fillet fried in a skillet for example can knock the competition off the board quite easily. It is of course impossible to talk about burbot dishes without mentioning burbot roe – this golden yellow fine-grained delicacy is the absolute star of blin season in late winter.

Vendace is the most important catch for professional inland lake fishers

Originally, the vendace inhabited the great waterways of Finnish Lakeland, but being a popular catch it has been transplanted into almost all suitable waters all over the country, including Lake Inari. The vendace prefers somewhat barren and clear lakes, being a typical pelagic zone or open water shoal fish.

Under favourable conditions the vendace can grow up to a few hundred grams in weight, but the average vendace only weighs a few dozen grams. Up in the north the vendace cannot grow beyond modest measurements, an example being the famous *Kitkan viisas* of the northern lakes.

As a fish dish ingredient, the vendace is one of the most valued and popular Finnish fish species. It can be served pan fried in butter, oven poached in sour cream, or smoked to a golden yellow hue. Some of the main summer attractions of Finnish Lakeland townships include various vendace-themed restaurants and terraces, and when in Kuopio it will be impossible to pass on the famous *kalakukko* fish pasty. One must not forget *rantakala* either, the fish soup made of freshly caught fish and cooked on the beach in a large iron pot, which the original recipe specifies as consisting of nothing but lake water, butter, salt, and vendace straight from the trap.





Processing and storing fish

Fish is best enjoyed fresh, and nothing tastes better than fish you caught yourself. When it comes to handling caught fish, it is important to remember correct processing during fishing and storing it in cold temperatures.

Taina Harmoinen, Project Manager and Päivi Hostikka, Food Services Teacher, South-Eastern Finland University of Applied Sciences

Fish are high in water content, meaning that they spoil quickly. It is therefore important to handle fish correctly immediately after it has been caught. Care must be taken while processing fish, because their consistency is soft due to low amounts of connective tissue.

Stunning and draining blood

Fish must be stunned right after catching by striking them smartly right above the eyes. It is good to keep a stunning tool at hand in the boat, such as a fish mallet.

Fish are drained of blood immediately after stunning by cutting a few gill arches with a knife or a pair of fish scissors. The heart of the fish will pump out the blood, improving its quality.

Once the blood has drained, the fish can be gutted and the gills removed. Care must be taken when gutting lest the gall bladder

attached to the liver bursts, ruining the taste of the meat. The kidney is located next to the spine, which must be carefully removed by wiping or scraping. The pike perch however does not have a separate kidney. It might not be possible to carry out these actions in a hygienic manner on the pier or the boat, so fish are often only gutted immediately and the rest is done after the trip is over.

Keeping and storing fish

Fish spoil quickly in warm temperatures, so they should be put into cold storage right after catching them. Fish are recommended to be put on ice or into a mixture of water and ice, keeping the storage temperature at the recommended +0 to +2 degrees celsius.

Perch and other small catch can be kept alive in a bucket, but not for very long. Hooks must also be gently removed from the fish. When going on a fishing trip, it is a good idea to pack equipment that are suitable for cold storage. Before fish are caught, you can use the cold storage to keep your packed lunches and drinks. Coolers are quite effective when combined with cooling elements such as ice packs. Many shops also offer ice for sale, which is the best way of keeping fish.

Rigor mortis also acts against spoiling, so it should be prolonged in cold storage. Rigor mortis makes it easier to fillet a fish as well.



Taina Harmoinen, Project Manager,
South-Eastern Finland University of
Applied Sciences

Gutting pike perch dorsally

When preparing stuffed pike perch, it is practical to cut and gut the fish on the dorsal side. This makes it easy to stuff the fish and helps the spices and condiments to flavour the entire fish. It will also make the fish look good when served. Many other species of fish can likewise be gutted dorsally by the same method. When stuffing fish on the ventral side, the thick dorsal meat is often the least flavoured.



1. Begin gutting the fish by cutting the fish open along the dorsal fin, all the way until the pinbones. Using a sharp knife, separate the meat from the pinbones. Do this on both sides of the backbone, starting at the back of the head and ending at the anus.

2. Cut the backbone with fish scissors at the tail, preferably on the tail side of the anus.

3.

Use fish scissors to cut the backbone behind the head.



4.

Get a good grip on the backbone and pull it out of the fish, together with the intestines.



5.

If necessary, you can remove any remaining pinbones after the gutting.



6.

You can stuff and cook a pike perch in the oven or smoke it by tying it up with barbecue sticks and cotton string. The tying will allow the fish to keep its shape and prevent it from falling apart during cooking. Tie the fish before stuffing it. Remove the string and sticks before serving the cooked fish.



Cooking fish

The best condiment for fish is freshness. Fish tastes mild and there is no point in using powerful spices and condiments to cover it, especially when cooking fish you caught yourself. On the other hand, this is a relief when cooking fish for example on an open fire. Just salt will suffice when it comes to seasoning.

Taina Harmoinen, Project Manager and Päivi Hostikka, Food Services Teacher, South-Eastern Finland University of Applied Sciences

The slimy layer covering fish makes a good grow bed for the microbes living naturally in it and having a preference for cold temperatures. This is why it is worthwhile to process fish as soon as possible after catching it. When processing it should be ensured that fillets for example remain clean and do not come in touch with the slime.

Keep fish in the cold

The storage temperature for fish is +0 to +2 degrees celsius. In many fridges the temperature can be set quite low. You can use a thermometer to determine what is the coldest point in your fridge. The temperature inside a fridge can vary by several degrees depending on location.

Fresh fish products, boiled shellfish and molluscs, as well as melted unprocessed fish products, including unsalted roe, are recommended to be kept in temperatures of +0 to +2 degrees celsius. Cold smoked and freshly salted fish products, vacuum and modified atmosphere packed processed fish products, and salted roe as well as melted frozen salted roe are kept in +0 to +3 degrees celsius.

The typical temperature in a fridge is +2 to +6 degrees, keeping fish fresh for a day or two. Smoking is a traditional way to cook fish. Smoking increases the shelf life of fish by one day.

Fish needs to be cooked gently

Fish is best cooked after the rigor mortis has passed. Fish is very healthy and widely recommended for eating, because it contains plenty of unsaturated soft fats. Fish muscles are made of thin plate-shaped muscle segments which break down easily during cooking.

Fish is cooked at mild temperatures. In many recipes the fish is breaded before frying. Your own imagination sets the limits for the ingredients you can use in breading. Breading helps keep the fish together during cooking. Fish pieces should not be turned over several times during frying, but their inside temperature should be set at about +55 to +60 degrees celsius by flipping only once. Fish is cooked in water with a temperature of +90 degrees. Lemon, vinegar, or white wine added into the frying pan or cooking broth will harden the consistency of the fish by denaturing the fish protein.

Filleting and deboning a pike

The pike has what is known as a Y-bone in its back, sadly making it more difficult to use the fish in cooking. This bone can however be easily filleted out when filleting the fish. There are several videos on YouTube showing how to do this, which you can find by searching for e.g. "deboning a pike".

Amount of fish per diner

The amount of fish needed depends on what else is being served and when was the last meal.

- You should have about 200 to 250 grams of ungutted fish per serving.
- Gutted fish with skin and bones about 150 to 200 grams per serving.
- Fillets about 100 to 150 grams per serving.



Cooking temperatures for fish

Inside temperature, degrees celsius	What happens	Effect in cooking
40 °C	Proteins start coagulating.	The fish is raw.
50 °C	The consistency of the fish is visibly different.	The fish is raw.
55–60 °C	Proteins coagulate, the fish is cooked and takes on an opaque colour.	The fish is juicy and suitable cooked.
61–65 °C	Proteins lose their ability to bind water and muscle fibres contract.	The fish is tough, dry, and tasteless.

Salt improves shelf life

Salt has been the traditional preservation method for fish, but nowadays freezing is preferred. Adding salt increases the osmotic pressure of fish and dries it up. To improve the shelf life of canned fish foods vinegar is used in addition to salt, which cooks the fish proteins. Many recipes include lemon, lime, or other acidic ingredients. They provide flavour while also making the consistency of the fish more solid. Vinegar and acids decrease the volume of water in the fish and improve its shelf life. There should be enough acid to bring the pH of the product down to below 4.5.

Salmon, whitefish, pike perch, and roach can be salted fresh, i.e. raw. In raw salting the amount of salt is 2 to 3,5 % of the weight of the

Destroying tapeworm larvae:

- Freezing fish or roe at $-10\text{ }^{\circ}\text{C}$ for three days or at $-18\text{ }^{\circ}\text{C}$ for 24 hours will destroy the larvae.
- Products and processed products that are supposed to be eaten without heating must be frozen for at least 24 hours at a temperature of $-20\text{ }^{\circ}\text{C}$ or less.
- Heating fish to $+56\text{ }^{\circ}\text{C}$ for five minutes will destroy the larvae.
- Warm smoking fish until it is fully cooked.
- Strong application of salt, amounting to 14 to 16 % salt content.

fish. The fish can also be flavoured with other spices and ingredients besides salt, such as berries. Salt will reduce the water content of the fish. If the raw salted fish should be juicy and soft, sugar should be added during the process. In order to achieve the water binding effect of sugar, about half as much sugar should be used as compared to the salt. Adding cognac or other alcoholic drinks to raw salted fish does not affect the consistency of shelf life, only the taste. The aromas are also affected by the enzymes in the fish itself.

Raw salting will not prevent bacteria from living in the fish and the salt will speed up the rate at which fats become rancid. This needs to be taken into account especially when raw salting fish with high fat content.

Some fish species has to be frozen before raw salting

The fish tapeworm is a parasite that affects all mammals eating meat, including humans. People get infected by tapeworms when eating raw or poorly cooked unfrozen fish or roe. Today the fish tapeworm is very rare in Finland.

Tapeworm larvae can be found in perch, pike, burbot, ruffe and their roe. That is why these fish species must be properly cooked. They must be frozen if the intent is to enjoy them raw, for example in the form of raw salted fish.

Choosing drinks to go with fish

Eeva Koljonen, Nutritional
Service Business Lecturer,
South-Eastern Finland
University of Applied Sciences

In the best case, the food and drink served for a meal support each other in terms of flavours. Food can make the drink taste better, or the flavour of the food is improved by the correctly selected drink. In this way neither suffers, but both get to shine. The general rule for picking out a drink to go with fish dishes is that the taste of the drink should not overwhelm the flavour of the food.

The safest choice of drink to go with fish is a mild wine or beer, because a drink that is too strong can easily make the mild main ingredient lose its character. There are plenty of options available when it comes to beer and wine, with more products becoming constantly available.

Which wine to go with fish?

White wine is the traditional choice to accompany a fish dish. The season, type of event, and personal preferences all affect the wine choice. There are two ways to approach wine selections: either complementary or opposing flavours can be sought for. This means that an acidic dish requires an acidic drink. Slightly sweet wine is a good choice for salty dishes.





Lake fish is often pale in colour, neutral in flavour, low in fat, and at best when accompanied by acidic, fruity, and crisp wines. Salmon and eel are more fatty, meaning that the wine can be stronger too with some acidity to counteract the fattiness.

The acidity of food (due to added lemon or vinegar) is counteracted by an acidic wine such as riesling, grüner veltliner and sauvignon blanc, or Portuguese vino verde. The suitability can be tested easily by taking a bite of lemon with a drink of wine, demonstrating how even a significantly acidic wine is diluted to take on an almost watery character. Salt in the dish will also counteract and soften the acidity of wine. Greasy and creamy sauces likewise require acidity to go against the fatty feel of the food. Potato and white bread are neutral and therefore suitable for any wine.

Fish can go with red wine too, provided that the dish is heavy enough and the wine light enough. Grilled or fried greasy fish such as salmon with tasty vegetables, creamy potatoes, and sauce is a good combination with a light red wine. Pinot noir wines from the New World or Europe are also good fits for fish dishes. The French beaujolais, made of Gamay grapes, is an excellent choice, together with slightly tannic merlot wines and simple Italian red wines. The main rule applying to red wine served with fish is to avoid too much tannin, but to have instead some acidity and fruitiness. Red wine served with white fish needs care however, because it can easily give the fish dish a metallic taste.



Food properties and wine selection

Food property	Wine choice
Acidic: lemon, vinegars	Acidic wine, the acidity is diluted by acidic foods.
Salty	Acidic wine, the acidity is diluted by salty foods. Fruity wine with hints of sugar.
Spicy	Spicy wine with some sweetness and little acid.
Fatty	Acidic and crisp fruity wine counteracts the fattiness of food.
Bitter	A rounded, toasty, moderately acidic wine with hints of sugar can balance the aromas created by barbecuing and smoking.
Sweet	If the food is sweet, the wine can also have some sugar.
Neutral	Mild and fruity moderately acidic wine with a crisp character.

Rosé wine is a good choice for fish too, especially if the fish is served with vegetables and greens. Sparkling wine of champagne suits fish well, being a stylish choice throughout a fish dinner. The acidity and bubbles in sparkling wine can tame the saltiness, acidity, and fattiness of fish. If champagne is too expensive for you, there are good sparkling wines made with champagne grapes available from England and New Zealand. A light pear-flavoured dry prosecco goes well together with summery, aromatic, and seasoned fish dishes. Spanish cava wines are suitable for starters and main dishes, especially if the foods are fatty with mayonnaise or other sauces or full with taste to complement the toasty flavours of cava. Sparkling wine is a good fit for roe as well, as are crisp and acidic white wines.

Beer is an easy choice to go with fish

Beer is often a simple and easy choice for fish, especially if the seasoning and cooking technique are traditionally Finnish. Small craft breweries offer good beer selections nowadays, and a good quality craft beer is an easy partner for fish. The same rule that applies to wine applies to choosing beer as well: it should not overwhelm the taste of the food.

Lager beers are fresh dinner beers that can quench your thirst

Bottom fermented lager is a common and well-known beer to enjoy after sauna, but it suits various foods as well due to its fresh taste. Nordic lager beers are low in hops, while continental lager beers are clearly more hoppy. Pale lager beers in particular are suitable for mild fish dishes. Dark lager beers made with dark hop varieties have a more rounded, cereal, and sweet hoppy flavour. They go well together with sturdier flavours such as rye breaded fish or spicy and smoky fish.

Strong lager beers with more alcohol and more hops are a good choice when you need a drink to counteract fattiness and support flavours. The originally Czech pils beer is pale and crisp. Due to its crispier hoppiness, fresh taste, and alcohol content, it is a good dinner beer to go with fish dishes.





Aromatic top fermented beer and fish dishes

Top fermented beers have more fruitier aromas than lager beers. When choosing one to go with fish, the combination of the aromas and herbs or strong hops with fish must be given some thought.

Wheat beer is a refreshing and summery drink, which makes it fit fish dishes perfectly well. Wheat beer is low in hops with citric flavours that support the flavours of greasy and robust fish dishes. You can choose between the traditional unfiltered pale wheat beer or crystal-clear filtered wheat beer. Dark wheat beers accompany more strongly flavoured fish dishes. The best wheat beers come from Germany and other Northern European countries with long traditions in the brewing of wheat beer. Belgium is the home of witbier, seasoned with coriander and citrus fruit, providing an excellent companion for fish. Finnish craft breweries also brew good wheat beers, especially during the summer season.

There are several types of ales. The rich, fruity aromas of ales go well with aromatic foods. When picking out an ale, it is important to not choose one that is too strong, lest it causes the fishy flavours to disappear.

Strong stouts, porters, and slightly sweeter oak-barrel beer styles are suitable for chocolate desserts and similar dishes. For dessert, you can also go with an oak-barreled, slightly sweet ale, or a cherry-flavoured kriel if you are serving a berry dessert.

Cider is also a good choice when it comes to fish. Genuine ciders are made of pear or apple juice, and their flavours go well with foods that are served with sauces or sides made of apple and fruit flavours.

Non-alcoholic fish dish drinks

The most simple non-alcoholic drink options served with fish include ice water, sparkling water, or water flavoured with lemon or herbs, as well as non-alcoholic wines and beers which are widely available.

You can also opt for Finnish berry juices: a slightly sugared white or red currant juice, cranberry juice, or lingonberry juice are suitably acidic for fish. Black currant juice is a good choice for more spicy foods or smoked fish, as long as it is not too strong and sweet. Apple juice, elderflower juice, and various mixes of root vegetable and fruit juices are also viable options.

Taina Harmoinen &
Päivi Hostikka

RECIPES



PICNIC FOODS AND OPEN FIRE COOKING

Finnish vendace pasties

10 pcs

10 pcs rye bread

500–550 g gutted
vendace or
vendace fillets

1 ½ tsp salt

280 g bacon
(2 packets, á 140 g)

butter or margarine

It is a good idea to make more pasties when fresh vendace is available. You can freeze the pasties in the cooking wraps. An easy and filling picnic lunch!

Rinse the vendace and let drip in a colander.

Add in salt with the vendace. Cut the bacon strips into two.

Put about half of the bacon and all of the vendace on 10 pieces of bread. Lay the vendace down side by side.

Spread the rest of the bacon on top of the vendace.

Butter the top halves of the bread pieces. Put the top halves on the pasties.

Wrap the pasties in baking paper, leaving the other end open. Wrap tightly in foil. Close the baking paper and the foil at the open end. This makes it easy to unwrap and eat the pasties.

Place the pasties on a baking tray and cook for 2.5 hours at 125 degrees celsius.





Fish burger

Fish burgers are easy to cook on an open fire, using for example a griddle pan. They can also be assembled beforehand and heat up wrapped in foil on an open fire.

(5 servings)

5 buns
 5 fish steaks (cooked)
 5 eggs (for frying)
 butter for frying
 100 g store-bought remoulade sauce
 300–350 g store-bought coleslaw
 marinated onions (see recipe below)

Marinated onions:

125 g red onions
 ¼ dl red wine vinegar
 1 tbsp sugar
 ¼ tsp salt
 ¼ tsp black pepper
 ½ dl cooking oil

Peel and cut the onions into thin slices. Put them in a bowl. Mix the marinade ingredients and pour in with the onions. Let sit for 2–3 hours. The marinade will eliminate some of the sharpness of the onion flavour.

Preparation: Make the marinated onions. Make the fish steaks (preferably in advance; having frozen steaks will make it easier to cook the right amount of burgers). Split the buns.

On an open fire: Place the split buns on the edges of the griddle pan and the steaks in the middle. Cook the eggs on the pan with butter, leaving the yolk slightly raw.

Assemble the burger: Put some remoulade sauce on the bun surfaces, place the fish steak, fried egg, a couple tablespoons of coleslaw, and marinated onions on the lower bun, top off with the upper half of the bun.

You can serve root vegetable chips, fried vegetables, marinated vegetables, or various store-bought salads with your burgers.

Fish filled pancakes

Picnic lunch for 5,
1–2 pancakes per person
depending on size

Batter:

5 dl milk

2 eggs

2 ½–3 dl wheat or barley
flour, e.g. Pancake flour
by Rapion Mylly

½ tsp salt

Filling:

200 g potato salad

175 g gutted smoked
fish or 1 can of smoked
vendace (fish contents
approx. 170 g) or fried
and deboned freshly
caught fish

50 g marinated red on-
ions ([click to see recipe](#))

For cooking:

butter

Break the eggs and add milk. Mix flour and salt into batter. Let swell for at least 15 minutes.

Make filling by mixing cut fish and red onions with the potato salad. You can assemble the filling ingredients on the pancake during cooking as well.

Fry the pancakes in oil/butter or a pan/griddle, until cooked on both sides. Serve with smoked fish filling.

The basic pancake batter has many uses. Pancakes can be filled with various store-bought salads, marinated onions, fried fish cuts, smoked fish, or canned fish. Pancakes can also be enjoyed with jam or fresh berries picked in the woods. You can keep your batter in a plastic bottle or similar container, where it is easy to mix and pour out.





Foil-baked fish cooked on an open fire

5 servings, á circa 400 g

750 g filleted fish
(e.g. pike, roach fillets, or
canned fish)

750 g root vegetable mix
(frozen root vegetable
cubes)

400 g potatoes (cooked)

150 g onions

$\frac{3}{4}$ tbsp salt

1 tsp black pepper

$\frac{1}{2}$ dl fresh dill

100 g herbal
cream cheese

100 g sour cream
oil

Sauté the onions in oil in a saucepan. Add in the root vegetables and cook for a few minutes.

Finally add in cut cooked potatoes. Spice the vegetables with salt, pepper, and herbs. Add in cream cheese and sour cream with the vegetables.

Cut 10 foil pieces, dimensions about 30 × 30 cm. Double up the foil to make sure they don't break down when being moved around on the fire. Put a drop of oil in the middle of the foil pieces and spread by using e.g. a brush.

Split up the vegetable mix on the foil pieces and wrap them up. Keep the foil-baked vegetables cool (6 °C) before cooking.

Open the foil-baked vegetables carefully on the open fire. Place your fish catch on top of the vegetables and add spices. You can also use canned fish. Let cook in mild temperature for approx. 30 minutes.

The fish catch can be cooked with the root vegetables and potato in the foil on an open fire.

You can cook quickly sautéed fish from the chips of pike fillets and bacon.

Sautéed pike, körpökkä

5 servings

500 g pike fillets,
deboned, with skin
210 g bacon
150 g onions
butter for frying
salt
black pepper

Potato mash on an open fire

400 g (8 dl) potato
mash preparation, frozen
4 dl cream and water
/ or milk
40 g butter
1/2 tbsp salt

Cut chips out of deboned pike fillets with their skin still on. It is best to use frozen fillets when cutting.

Dice the bacon. Place the bacon dice on a cold pan or griddle, heat up and let cook for a while. Add in the cut onions and keep cooking.

Add in butter and the fish chips, fry until cooked by flipping carefully. Season with salt and pepper.

Cook your sautéed fish in two batches.

Serve with e.g. potato mash, pickles, and lingonberry.

Heat up the liquid and butter in a kettle until boiling hot. Add in the salt.

Add in the melted mash preparation, mix and let heat up.

Let sit under the lid for a few minutes before serving and mix once more.





Sautéed pike can be used as filling for bread too (e.g. pita bread).

Sautéed fish pita bread

5 servings

5 pieces of pita bread

300 g sautéed fish

1 pot of salad, e.g. lettuce, rucola, oak leaf lettuce

sliced pickles

100 g remoulade sauce

Make the sautéed fish. Split the pita breads. Warm up the pita breads in a griddle pan.

Fill up the pita bread with sautéed fish, salad, pickles, and remoulade sauce.

Blini burgers with burbot filling

5 servings

Blini:

2 dl milk

1 ½ tsp yeast

2 dl buckwheat flour

½ dl wheat flour

½ tsp sugar

1 dl beer or mineral water

½ tsp salt

2 eggs

butter for frying

For sides:

deboned fish fillets

100–150 g/person

sour cream or

crème fraîche

chopped onions

roe



Warm up the milk until lukewarm and mix in the yeast.

Add in flour, sugar, and beer.

Cover the batter with a cloth and let ferment in a warm place for at least 4 hours.

Add in the salt.

Separate the yolks from the whites.

Add in the yolks into the batter by mixing.

Whip the whites into a hard foam, mix foam in with the batter by mixing lightly.

Fry the blini in a blini pan in butter at a mild temperature.

Serve fresh with fish, roe, foamed sour cream or crème fraîche and chopped onions.

You can cook your blini on an open fire as well.

Every camper can have their own blini pan.

Cook your fish catch on a griddle pan, where

you can keep the blini warm on the edges. You can also use the blini to assemble a burger.

The blins are season food at the burbot time. A burgeri also can be collected from blins with the fried burbot.

Fish coulibiac

Curd puff pastry dough:

250 g butter

250 g wheat flour

250 g curd

1 tsp baking powder

Filling:

200 g risotto rice

4 eggs

100 g onions

500 g salmon
of caught fish

½ tbsp salt

white pepper

3 tbsp fresh dill

For egging:

1 egg

Make the curd puff pastry dough first. Dice the butter. Mix the baking powder with the flour. Crumble the butter and flour mix into even crumbs, and mix in the curd with the crumb mix. Wrap the dough in cling film and put in the fridge for about an hour before using.

Cook the risotto rice in salted water. Pour out the cooking water. Cool the rice properly.

Boil the eggs for 8 to 10 minutes and let cool. Separate the yolks and whites and mince.

Sauté the chopped onions lightly on a pan. Cut the fish and season the slices with salt and some white pepper if you like.

Roll the dough into a rectangle and put it in a bread tin.

Place the filling in the tin layer by layer, so that there are two layers of each ingredient. Put fresh dill on top of the fish.

Make a pie top for the tin out of the dough and egg it.

Make air holes on the top with a fork and cook in an oven at 170 degrees celsius for 45 minutes.

Let fish coulibiac to withdraw and to cool down for some time in the mould. Overturn coulibiac to the chopping board and cut into slices to serving.

You can serve the coulibiac with pickles, marinated vegetables, or salad.





LAKE FISH MAIN COURSES

Fish loaf paste

1 kg minced lake fish
200 g onions
oil for sautéing
the onion
100 g eggs (2 pcs)
2 dl food cream (15 %)
1 tbsp salt
1 ½ tsp lemon pepper
2 tbsp chopped fresh dill

The fish loaf paste is minced from skinless fillets with as few bones as possible. Small pinbones do not matter.

Peel, chop, and sauté the onions. Let cool before adding into the paste.

Add in eggs, cream, and spices with the minced fish and mix well.

Make a sample steak to check the flavour. Add spices as necessary.

Make steaks, balls, or sticks out of the paste with wet hands. Cook the steaks or balls in butter on a pan, or in an oven at 200 degrees celsius for 15–20 minutes, until well done.

Using this lake fish paste recipe, you can make fish balls for soup, sticks for open fire roasting, and patties for burgers. Any lake fish can be used. Filleted pike makes for a beautiful pale paste that hides all bones. You can incorporate colour and flavour by mixing in e.g. mashed carrots.

Fish steaks

10 pcs
fish paste worth
1 kg of fish

for cooking:
butter

Using wet hands, form steaks out of the fish paste. The recipe is good for 10 steaks, raw weight 150 g, cooked weight about 120 g

Cook on both sides in butter on a pan, or in the oven for 15–20 minutes at 200 degrees celsius.

Fish sticks

15 pcs
fish paste worth
1 kg of fish

You can use the paste to make fish sticks that can replace grilled sausages. Form the paste into long sticks, precook them in the oven, and warm up on an open fire.

Using wet hands, form sticks out of the paste and put them in a tin.

Cook in the oven for approx. 15 minutes at 175 degrees celsius.

You can freeze the sticks and melt them out as needed. Warm up the sticks on an open fire. Enjoy as is, just like a grilled sausage.





Spicy fish soup

4 servings

Broth:

1 ½ l water

3 fish stock cubes

3 cm piece of ginger

2 cloves of garlic

1 tbsp sugar

2 tbsp fish sauce

1 lime juice

300 g fish balls made
of the fish loaf paste

150 g rice noodles

2 carrots

2 spring onions

1 red chili

fresh coriander
for presentation

Boil the water. Add in the stock cubes. Add in the ginger and garlic slices. Let boil for 10 minutes.

Season with sugar, fish sauce, and lime juice. Put the kettle aside, put the lid on, and let sit for a while. Sift the broth if you wish.

Cook the rice noodles according to instructions. Cut the carrots into thin, long sticks. Slice the spring onions and chilis.

Boil the broth, add in the fish balls, noodles and vegetables. Let boil until the fish balls are heated. Add plenty of fresh coriander before serving.

You can use fish loaf paste recipe to make fish balls to this spicy fish soup.

5 servings

750 g pike perch fillets

butter

salt

pepper

Mushroom risotto

60 g onions

2 tbsp butter or cooking
oil

3 dl risotto rice

1 l vegetable stock

200 g mushrooms

1 ½ dl cooking cream

½ tsp salt

½ tsp black pepper

1 tbsp lemon juice

1 tbsp grated parmesan

Fried asparagus

1–2 shoots/serving

butter or cooking oil
for fryingsalt, pepper, and lemon
juice for seasoning*Fried pike perch, parsley, and mushroom risotto****Pike perch:*** Cut the fillet into serving size pieces.

Fry the pieces in butter on a pan, on both sides and in a mild temperature.

Season the fish pieces with salt and pepper.

Mushroom risotto: Make the vegetable stock.

Sauté the chopped onions in butter in a kettle. Do not let them turn brown. Add in the rice, sauté for a moment before adding the vegetable stock.

Add in about ⅓ of the stock with the rice. Boil and mix until the stock is absorbed by the rice.

Add in the rest of the stock a little at a time.

Let boil quietly under the lid until the rice begins to get soft (approx. 20 min) but remains somewhat chewy.

Add in the chopped mushrooms, cooking cream and spices.

Let stew for a minute.

Add in the grated cheese and lemon juice. Serve immediately. Serve the season's vegetables with fried fish and risotto.

Fried asparagus: Wash the shoots well. Cut out the wooden end of the shoots, about 2 cm.

Peel if the skin is thick. Heat up the oil or butter in a pan. Add in the asparagus shoots. Fry the shoots for 5–8 minutes, depending on their thickness, flipping every now and then. You can season the shoots with salt, pepper, and lemon juice.



FOR DESSERT

Cranberry panna cotta with salty fudge dressing

5 servings

4 dl cranberries and
1 dl sugar
5 dl cream
100 g sugar
1 vanilla pod
3 gelatine sheets

Salty fudge dressing

2 dl brown sugar
2 dl whipping cream
(1 tbsp butter and salt)

Heat the berries and sugar until the sugar dissolves. Sieve the cranberries.

Soak the gelatine sheets in plenty of cold water for 5 to 7 minutes.

Put the cream in a kettle, add in the sugar and vanilla pod.

Boil carefully for 5 minutes.

Remove the vanilla pod and add in the sieved cranberries and gelatine sheets.

Put in ramekins and let sit in the cold for at least 2 hours or overnight.

Boil the brown sugar and cream at a mild temperature for 20 minutes, stirring every now and then.

Whip in the cold butter to give the dressing its shine.

Season the dressing with flake salt.





**XAMK
INSPIRE**

