

Karelian pasties

Filling

- 0,5 litre of water
- 3 dl porridge rice
- 9 dl milk
- 1,5 teaspoons salt

Crust

- 2 dl cold water
- 1,5 tsp salt
- 3,5 dl rye flour
- 1,5 dl wheat flour

Moistening

- 1 dl milk
- 50 g butter

Filling

1. Mix the rice into boiling water reserved for the filling. Boil until the water has saturated the rice.
2. Add the milk and stir the filling for a few minutes. Reduce heat and agitate the porridge. The cooking time is about 40 minutes. Stir the porridge every now and then.
3. When the porridge is ready, it will seem thickish. Then add the salt. Cool the porridge.

Crust

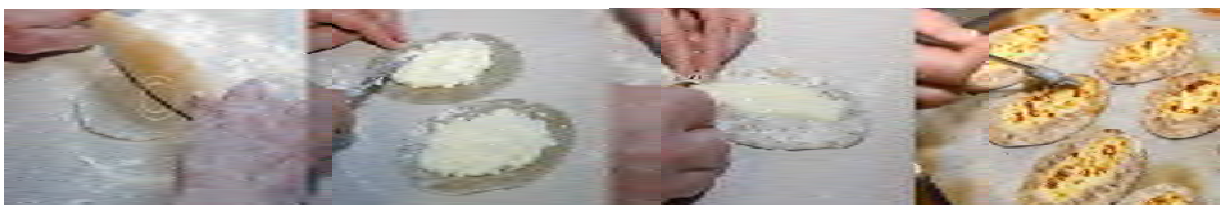
1. Mix the flours and salt into the cold water.
2. Make the dough smooth and pliable by moulding it by hands on a panification support.
3. Shape the dough into a smooth bar and divide it into about twenty pieces.
4. Roll the pieces into balls, flatten them into small cakes and cover them with plastic.
5. Roll the cakes into thin sheets that have approximately 17 cm in diameter.

Baking the pasties

1. Lay porridge on each cake so that the porridge reaches the ends.
2. Pinch the edges together with your fingers.
3. Bake the pasties in about 250 degrees Celsius for about 15 minutes until the rye crust is brown in colour.

Finishing

1. Moisten the pasties from both sides with hot mixture of milk and butter.
2. Lay the pasties on each other and brew them under a towel and bacon paper.





RICE PORRIDGE (Riisipuuro) For 4 persons

Ingredients

2dl water
2 dl rice
11 dl milk
a bit of salt

sugar
cinnamon powder

Instructions

1. Bring the water to boil.
2. Add rice in the boiling water. Boil for a couple of minutes.
3. Add milk. Mix well until it starts to boil.
4. Turn down the heat and boil the porridge on a low heat mixing it regularly for one hour.
5. Remove from heat and add salt (half a teaspoon).
7. Serve warm. Sprinkle each plate with sugar and cinnamon. /

Optionally rice porridge can also be served with delicious soup of mixed fruit.



MIXED FRUIT SOUP

Ingredients

200 gr dried mix fruits
(raisins, prunes, apricots, figs)
1 liter water
3 tbs sugar
1 cinnamon stick
2 tbs potato starch

Instructions

1. Allow the fruit to soak for a few hours in cold water.
2. Bring 1 liter of water to boil. Add into the water 3 tbs of sugar, cinnamon and the mixed fruit.
3. Boil the fruit until tender (10 min).
4. Dissolve the potato starch in a drop of cold water and pour into the soup in a thin stream, while continuously stirring. Continue to boil for a moment.
5. Pour soup into a serving bowl and allow to cool. Sprinkle with sugar.
6. Serve together with rice porridge. Or if you wish, serve the mixed fruit soup just with whipped cream as a dessert.



Whipped lingonberry pudding

1 l water

4 – 5 dl lingonberries (mashed)

1,5 dl semolina

1 – 1,5 dl sugar

0.5 teaspoon salt

- Put lingonberries, semolina, sugar and salt in boiling water and let it cook for 5 – 10 minutes.
- Put the pot in a cold place (water, SNOW) for a while, so that the pudding gets cool.
- Then whip it smooth with the mixer.
- Serve the pudding with cold milk.

