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**GASTRONOMY
FINLAND**



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GASTRONOMY -FINLAND



Finnish food culture is quite young and has been influenced by the East, West, South and North. Swedish food culture has strongly influenced Finnish food culture, influences have also come from Russia, but many familiar dishes are of Swedish origin. In the 19th century, Finland was a very international country and influences came with the immigrants, especially in the cafe and baking culture. Finns eat fairly common European food consisting mostly of meat, fish, potatoes, rice or pasta. Vegetarian food has become increasingly popular. It is common to eat two warm meals a day, lunch and dinner. In Finland, adults, too, often drink milk with a meal. In Finland, lunch is eaten earlier than in many other countries. At workplaces and schools, lunch is usually served between 11 and 12 am. Dinnertime is often around 5 pm. Children and young people are served meals at daycare and school. School meals are free of charge for all and there is no need to bring a packed lunch to school. Finland was the first country in the world to start free school meals for all pupils in 1943.

Healthiness of food is often stressed in Finland. Rye bread and different porridges, among other things, are an important part of the Finnish food culture. The food cultures of different Finnish regions vary from each other. For example, reindeer meat is an important part of the Lappish cuisine, whereas fish is consumed a lot on the coast.

Finns drink a lot of coffee. Coffee is nearly always served for example *at different celebrations. People often drink coffee at workplace meetings.*

Discover the essentials of Finnish food culture | Visit Finland

<https://www.myintegration.fi/en/everyday-life-in-finland/finnish-food-culture/>

<https://ruokatieto.fi/en/home/>

Learn more about Finnish gastronomy, watch short video



SCHOOL MEALS



Finland was the first country in the world to serve free school meals. 1948 is seen as being the year when free school catering really started, though catering activities on a smaller scale had been around since the beginning of the 20th century. Until the beginning of the 1960's school food mainly consisted of soups, porridges and thin porridge-type dishes. Children brought bread and milk with them to supplement their school lunch, which was generally not very substantial. In the 1960's school meals slowly became more varied. Frozen and processed foods started to be used and more vegetables were served. In the 1970's the school menus often contained new food products, such as rice and spaghetti, that were yet to be popular at pupils' homes. Many children also learned to eat grated root vegetables, salad and fruit at school.

(https://www.oph.fi/sites/default/files/documents/school_meals_in_finland.pdf)



Finnish Food Tourism

The tourist encounters a variety of experiences based on locality and stories such as tasty restaurant meals, guided cooking, meals eaten in surroundings, food tourism routes and events, outdoor markets, specialty shops and microbreweries as well as any related activities.

Core messages

1. Taste of place Eat local and sense Finland!
2. Pure & Natural Eat slow and healthy in Finland!
3. Cool & Creative Eat wild and happy in Finland!

CONCEPTS/CERTIFICATION LABELS



The Hyvä Suomesta (Produced in Finland) label is a voluntary designation of origin for Finnish packaged food products. The label is used by food industry companies operating in Finland that manufacture their products using Finnish ingredients. The Produced in Finland label may be printed on a food product package or label as a designation of origin provided any meat, fish, eggs and milk in the product is 100% Finnish and 75% of all the ingredients are Finnish. Products made up of a single ingredient must be 100% Finnish. In addition, the end product for sale must be manufactured and packaged in Finland.

Voluntary organic labels are also used in Finland, such as the Finnish Organic Association's organic ladybug and the national Luomu sun label. The criteria for the sun label are the same as those for the EU organic logo, i.e., the label does not indicate the country of origin of the product. The organic ladybug label, on the other hand, is granted only for organic products of Finnish origin.



PDO - PROTECTED DESIGNATION OF ORIGIN (FOOD AND WINE)

PDO – protected designation of origin (food and wine)

PGI – protected geographical indication (food and wine)

GI – geographical indication (spirit drinks)



PDO

- Lapin Puikula (potato from Lapland)
- Lapin Poron liha (reindeer meat from Lapland)
- Lapin Poron kuivaliha (dried reindeer meat from Lapland)
- Lapin Poron kylmäsavuliha (cold-smoked reindeer meat from Lapland)
- Kitkan viisas (vendace)

PGI

- Kainuun rönttönen (a pie)
- Puruveden muikku (vendace)
- Aito saunapalvikinkku/Äkta basturökt skinka (Ham cooked in a sauna)
- Suomalainen Vodka (Finnish vodka)
- Suomalainen Hedelmälikööri/Marjalikööri (Finnish Fruit Liqueur/Berry Liqueur)

TSG: traditional speciality guaranteed

- Sahti (beer)
- Kalakukko (Finnish fish pasty)
- Karjalanpiirakka (Karelian pie)



NATIONAL DISHES



KARJALANPIIRAKKA/KARELIAN PIE



KARELIAN STEW



**SAUTEED REINDEER WITH MASHED POTATOES
and with lingonberries**



SALMON SOUP



WHIPPED LINGONBERRY PORRIDGE (VISPIPUURO)



TRADITIONAL MENU - Traditional Finnish buffet



The buffet table has a long tradition, and it has been a common way to serve food at various family parties, such as christenings, weddings and funerals, etc. Later, the buffet table has also become more common at various business and party events.

Different types of sandwich cakes are also traditionally served from the buffet table.

At the buffet table, a gastronomic order is usually followed, which guarantees that the flavors of the dishes do not overshadow each other, so that the dishes progress from mild to strong.

STARTERS:

Finnish Archipelago Bread and butter

Karelian Pie and

egg-butter (spread made from chopped hard-boiled eggs and butter)

Beetroot salad

Potato salad

Mushroom salad

Roast beef with horseradish sour cream

Cured salmon

Smoked salmon

Blackcurrant herring

Mustard herring

MAIN DISHES:

Meatballs

Karelian stew

Fried vendace

Mashed potatoes

DESSERTS:

Blueberry pie

Cinnamon bun

Lappish farm cheese



MODERN MENU



Starter

Assortment of Finnish delicacies:

(Finnish) Archipelago Bread with vendice roe-mousse,
cured salmon and dill pickled cucumber

(Finnish) Potato-flatbread and roastbeef with horseradish sour cream

Main

Karelian Stew

Beef terrine wrapped in pork flank with Puikula-potato pyre, roasted carrot and onion "jus"



Dessert

Lappish farm cheese (bread cheese) in cinnamon cream with Cloudberry sorbet

FOOD FESTIVALS



SMAKU



Flow Festival



Baltic herring market



Lähirookamessut



Lähirooka & luomu (Local & Organic Food)



WINE IN THE WOODS



Wine in the Woods is a journey to a world where wines and forest meet in a completely new way in the area of Nuuksio National Park. Wine in the Woods is a two-hour exploration into a world, where wine and forest meet. Specialist expert guides will give on a new type of journey through flavours and aromas in a wine bar in the middle of the woods. After a short walk on a nature trail, senses will be attuned to woodland surroundings helping to get a deeper impression of the carefully selected wines. The forest's al fresco tasting area - which lives and breathes by the seasons - is every time a slightly new version of itself, as it is decorated by sunlight and natural foliage. The tastes and smells of the wines and the forest will come alive through the stories binding them together.

The wines are served with spoon-tip wild flavor pairings, such as syrups, salts and wild herbs. The partner of the wild flavor pairs is the local TouchWild.

[Lear more about Wine in the woods](#)





Smaku is an annual food festival event in Porvoo and Loviisa in Finland.

The original idea of Smaku is to show the festival guests by small special tasting portions “how the local restaurants taste”. To the Smaku tasting ambiance in each town one can get acquainted at a very low cost, since the event dishes only cost 5 to 7 euros. Only entrepreneur-driven restaurants and cafés are allowed to participate. In addition, we also want to familiarize the festival guests with small local producers as well as other entrepreneurs.

SUSTAINABILITY

The cornerstone of Smaku is cooperation with the local network of entrepreneurs. We nurture local entrepreneurial expertise and work closely with tourism organizations in cities to get to know operators in the area. Only entrepreneur-led local restaurants and cafes are included in Smaku, and we use e.g. local photographers, printing houses, flower and decoration companies and cold logistics. Through Smaku, we also make local entrepreneurial know-how visible.

We prefer local food and we encourage restaurants to use food produced nearby whenever possible. We also highlight ingredients from local producers in portion presentations and marketing. We are constantly mapping out new ways to highlight local small producers and offer local producers visibility and tasting places at our events.

At the main events, we use fully compostable dishes and cutlery, and food waste and dishes are collected in compostable waste bags. We cooperate with local waste stations so that waste generated at events ends up in the right place.

Lear more about SMAKU



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