

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.visitfinland.com/en/articles/finnish-food-culture/)

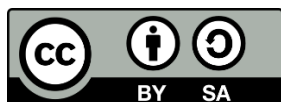
<https://www.visitfinland.com/en/articles/finnish-food-culture/>

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

<https://www.ruokatieto.fi/briefly-english>

Learn more about Finnish gastronomy

<https://www.youtube.com/watch?v=ts6QiZRZu74>



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 and certification labels

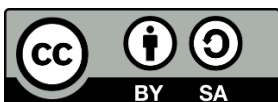
The Hyvää Suomesta (Produced in Finland) label is a voluntary designation of origin for Finnish packaged food products. The label is used by food industry companies operating in Finland that manufacture their products using Finnish ingredients. The Produced in Finland label may be printed on a food product 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)

PGI – protected geographical indication (food and wine)

GI – geographical indication (spirit drinks)



PDO in Finland

- 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 in Finland

- 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)

Some national dishes

Karjalanpiirakka / Karelian pie <https://www.youtube.com/watch?v=VS91R4duUio>

Karelian stew https://www.youtube.com/watch?v=_TwWufQprVE

Sauteed reindeer with mashed potatoes and with lingonberries
<https://www.youtube.com/watch?v=4YfUK9WvoyY>

Salmon soup https://www.youtube.com/watch?v=Z_Y8f9D8Z4U&t=5s

Whipped lingonberry porridge (Vispipuuro) <https://www.tasteatlas.com/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.

