

Plate Dream

Finnish Salmon Soup (Lohikeitto) Recipe

15 min Prep time	**25 min** Cook time	**40 min** Total time
4 Servings	**Easy** Difficulty	**Finnish** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb fresh salmon fillet, cut into 1-inch cubes
- [ ] 2 medium Yukon Gold potatoes, diced
- [ ] 2 carrots, sliced thin
- [ ] 1 small onion, finely chopped
- [ ] 2 tbsp butter
- [ ] 2 cups fish stock
- [ ] 1 cup heavy cream
- [ ] 2 tbsp fresh dill, chopped
- [ ] Salt and freshly ground black pepper to taste

Instructions

1. In a large pot, melt the butter over medium heat and sauté the onion until it becomes translucent and fragrant.
2. Add the potatoes and carrots, stirring for a couple of minutes before pouring in the fish stock. Bring to a gentle simmer and cook until the vegetables are just tender, about 8-10 minutes.
3. Lower the heat, stir in the heavy cream, and season with a pinch of salt and pepper. Let the broth heat through without boiling.
4. Gently add the salmon cubes, simmer for 3-4 minutes until the fish is just opaque. Finish by folding in the fresh dill and adjust seasoning.
5. Serve hot, ladling the soup into bowls and garnishing with an extra sprinkle of dill if desired.

Nutrition per serving

420 kcal	28 g	30 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- Keep the broth at a gentle simmer after adding cream to prevent curdling.
- Taste and adjust salt at the end, as the stock may already contain sodium.
- For a richer flavor, you can add a splash of dry white wine before the stock (omit if avoiding alcohol).