

Treasure Barrel

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 (450 g) fresh salmon fillet, cut into 1-inch cubes
- [ ] 2 large potatoes, peeled and diced
- [ ] 2 carrots, peeled and sliced
- [ ] 1 medium onion, finely chopped
- [ ] 2 tbsp butter
- [ ] 4 cups fish stock or water
- [ ] 1 cup heavy cream
- [ ] 2 tbsp fresh dill, chopped
- [ ] 1 tbsp lemon juice
- [ ] Salt and white pepper to taste

Instructions

1. In a large pot, melt butter over medium heat. Add the onion and carrot, sauté until the onion turns translucent and the carrot softens, about 4-5 minutes.
2. Pour in the fish stock, bring to a gentle boil, then add the diced potatoes. Reduce heat and let simmer for 8-10 minutes, until potatoes are just tender.
3. Gently lower the salmon cubes into the broth, stirring carefully. Simmer for another 5-6 minutes—just enough for the salmon to become opaque but remain buttery.
4. Stir in the heavy cream, lemon juice, and half of the dill. Warm through without boiling, then season with salt and white pepper.
5. Serve hot, garnished with the remaining fresh dill. Pair with crusty rye bread or a simple side of boiled new potatoes.

Nutrition per serving

420 kcal	32 g	30 g	22 g
Calories	Protein	Carbs	Fat

> **Tips & notes**
>
> - Add the dill at the end to preserve its fresh aroma.
> - If the broth looks too thick, thin with a splash of extra stock or water.
> - Taste and adjust seasoning right before serving.