

Filled spinach pancakes

Ingredients: 5 dl milk, 3 eggs, 3 dl wheat flour, 150 g spinach, minced meat, onion, salt and pepper





- Mix milk, eggs, flour, spinach and salt. Let them swell.
- Shallow-fry minced meat with onion, salt and pepper.
- Do the pancakes.

Fill the pancaces with meat or berries

If filling is meat, put them in oven 200 degrees, 15 minutes with cheese at top



If filling is berries, pancaces are now ready to eat.



Creamy Salmon soup

Ingredients:

- 10 potatoes, 1 litre water, salmon fillet, 2 onions, 2 dl cream, salt, pepper and dill

Cut up the ingredients



Boil first potatoes for while and then put salmon in. At the end put cream, salt, pepper and dill in. Soup is ready when potatoes are soft (about 40 minutes).



Blueberry muffins

Ingredients:

- 3,5 dl Wheat flour, 3 eggs, 150 g melted butter, 3 dl blueberries, 2 dl sugar, 1 tsp baking powder, 1 ts vanillasugar

First melt the butter and let it cool. Mix eggs and sugar. Add melted butter, then flour, baking powder and vanilla. Mix them well.



At last put the blueberries and mix with care (use spoon).



Bake muffins in oven at 200 degrees 20 minutes



Karelian pasties

Rice porridge:

- 1 litre milk, 2,5 dl rice, 1 ts salt. Boil the porridge about 40 minutes and let it cool 6-24 hours.

Rye shells:

- Rye shells: 2 dl water, 1 dl wheat flour, 3 dl rye flour, 1 ts salt, 1 sp oil. Mix them well.



Roll the rye shells flat and put riceporridge on. Crinkle with fingers

Put them oven in 350 degrees untill there is brown spots in porridge. Butter them right after taking from oven.

