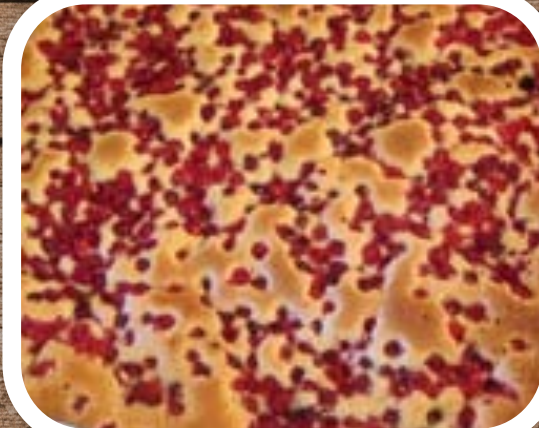


Recipes from Finland

During theme "Healthy food and health contact with nature" in Finland it was harvesting season. During harvesting season, we forage in forest and in gardens. Because our long winter time, we need to store berries to our freezer so we can get lots of vitamins on dark and cold winter time.

For us Finns berries are free in the forest: that's why our freezers are full of blueberries, lingonberries, cloudberries and cranberries.



These recipes are pastries has been tested with pupils this autumn and we do these delicacies especially on autumn time when we have fresh berries or fruits. For berry pie you can use frozen ones for example in winter time. The biscuits are also our quick delicatessen what we like to eat when days are getting colder.

APPLE PIE

DOUGH

8 dl wheat flour
3 dl sugar
2 tsp baking powder
2 tsp vanilla sugar
250 g margarine or butter
1 egg
2 dl sour cream

1. Combine all flour, sugar, baking powder, vanilla sugar and margarine together and mix the dough until it's smooth.
2. Separate 1/3 of the dough to use it later.
3. Add egg and sour cream to 2/3 of the dough.
4. Spread the dough to baking tray.

TOPPING

apples
500g quark
2 eggs
2 dl sugar
1 tsp vanilla sugar
lemon juice



5. Slice apples and spread them on top of the dough.
6. Mix quark, eggs, sugar, vanilla sugar and lemon juice for toppings. Spread quark mixture on top of the apples.
7. Sprinkle leftover dough on top of the quark mixture
8. Bake in 200°C about 30 min.
9. Enjoy!

BERRY PIE

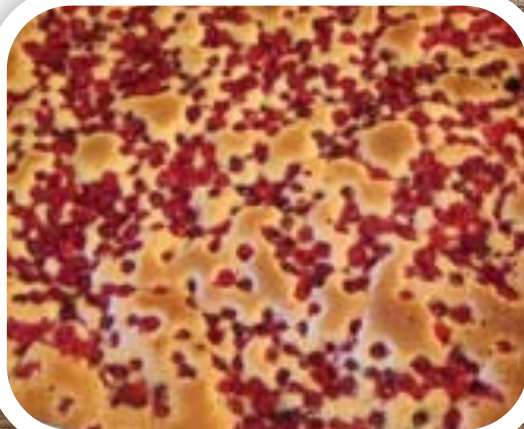
In this pie you can use different kinds of berries. In Finnish version we usually use blue berries or lingonberries. This pie was special to pupils because they picked the lingonberries by themselves!

Ingredients

2 eggs
1½—2 dl sugar
2 tsp vanilla sugar
3 dl flour
1½ tsp baking powder
1½ dl melted margarine
1 dl milk or juice

On the top

3—4 dl berries



1. Mix eggs and sugar. You don't need to whip. If you use sour berries use more sugar than to sweet berries.
2. Mix dry ingredients together and add them to egg mixture. Add also melted margarine and milk or juice.
3. Butter the pie casserole (Ø about 27 cm) and spread the dough. Spread berries on top of the dough.
4. Bake in 200°C about 25-35 min.
5. If you want super delicious, serve with vanilla sauce!

OATMEAL COOKIES

Ingredients

2dl oatmeal
1 dl sugar
0,5 tsp cinnamon
1 tbsp wheat flour
1 tsp baking powder
1 egg
0,5 dl melted butter

1. Mix all the dry ingredients together.
2. Add egg and melted butter and mix all together.
3. Take about two teaspoons of the dough and put it on the baking tray. Divide the dough to about 20 cookies. Remember to leave plenty of room for cookies because they will spread.
4. Bake cookies 200°C about 5—8 minutes.
5. Cookies are traditionally enjoyed with milk.