

Food and traditions



Typical and traditional Finnish food

- pea soup
- macaroni casserole
- Karelian rice pasty
- salmon soup
- cabbage casserole
- Finnish squeaky cheese



Traditional Christmas food

- swede casserole
- rice porridge
- carrot casserole
- salmon
- stockfish (lutefisk)
- Christmas ham



Other

- salmiac (candy)
- unleavened bread
- blueberry pie
- sautéed reindeer
- Fazer chocolate



- rye pudding
- shrove bun
- apple lörtsy=half-moon shaped pastry commonly served as street food in eastern Finland



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