



Tandem Cookbook

- On the Tip of the Tongue

Kouvola, Finland 2015

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Editorial



"Tandem is great", wrote a student on a piece of paper and added, "May I do this again, please?" That is how the participants in the Tandem programme in our university very often describe their experience in tandem language studies. At Kyamk, the programme was launched a few years back both on Kotka and Kouvola campuses. Tandem is a method of language learning which takes place through authentic communication with a native speaker – at Kyamk mostly between a Finnish degree student and a non-Finnish exchange or degree student. Practically all who have participated in Tandem have acknowledged how exciting it is to learn about the other student's culture and language this way, and many have come to realise how difficult it sometimes is to explain certain aspects of their mother tongue. Being a coordinator of Tandem is no less exciting. Meeting happy students who have just encountered new cultures, and reading the summaries of the progress of their tandem studies is often an extremely rewarding experience.

In autumn term 2015, we decided it was time to try something new within the Tandem programme. The idea of tandem cooking had already been introduced in some other universities but we wanted to make something more out of it than just another entry in the tandem journal. The idea of creating this cookbook was immediately greeted with enthusiasm and commitment by many tandem partners. Judging by the pictures we got for this book, it turned out to be fun too. Dorothy Day, an American journalist and activist, said, "Food for the body is not enough. There must be food for the soul". This book aims to offer the reader both courses. We believe that when you taste the food you cook following these recipes you will not only taste the culture in the food but also the love and devotion of all who helped creating this book.



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Nguyet Tran Minh & Emma Niemelä

Summer rolls

SPRING ROLLS are very popular among Vietnamese people, but also throughout the world. Spring rolls can be found in almost all Asian restaurants in Finland. However, for some unknown reason, summer rolls (a fresh-tasting type of spring roll) are not available here. Summer rolls are famous street food in Vietnam, eaten all around the year, both as regular weekday meals as during celebrations.

The following recipe is not an original Vietnamese summer roll recipe, as many ingredients can't be found at local stores in Finland. This recipe is customized as some special vegetables has been left out. Vietnamese usually eat summer rolls with fish sauce, sour fish sauce or peanut sauce. However, a sweet and sour sauce can be served with the rolls as well.

Ingredients

8	summer roll wrappers (sold in Asian supermarkets)
50 g	rice noodles (sold in Asian supermarkets)
100 g	pork belly
100 g	shrimp
¼	cucumber
100 g	lettuce
1	bottle of sweet and sour sauce

Gỏi cuốn

Chả giò là một món ăn không chỉ nổi tiếng với người Việt mà còn với du khách quốc tế. Bạn có thể thử chả giò tại hầu hết các nhà hàng Châu Á ở nước ngoài. Tuy nhiên, phiên bản khác của chả giò là gỏi cuốn, tuy rất phổ biến tại Việt Nam nhưng ít khi xuất hiện trong thực đơn của các nhà hàng ở nước ngoài. Bạn hầu như có thể bắt gặp gỏi cuốn ở rất nhiều quán hàng rong trên đường phố Việt Nam. Mọi người ăn gỏi cuốn vào bất kỳ thời điểm nào họ muốn.

Công thức sau đây thiếu một số nguyên liệu so với gỏi cuốn truyền thống Việt Nam vì rất nhiều nguyên liệu như rau thơm, tương hột khó có thể thể mua được ở siêu thị Phần Lan. Người Việt thường ăn gỏi cuốn với nước mắm chua ngọt hay sốt tương hột.

Nguyên liệu

8	tấm bánh tráng (có bán tại các chợ Châu Á)
50 g	bún (có bán tại các chợ Châu Á)
100 g	thịt thăn
100 g	tôm
¼	quả dưa chuột
100 g	rau xà lách
	Sốt chua ngọt

Instructions

Put the rice noodles in a casserole with boiling water for 5–7 minutes. Remove the water and drain thoroughly. Different noodle brands have different cooking times (according to the package). Rice noodles can be treated and cooked the same way as spaghetti.

The pork belly and shrimps need to be boiled until cooked through. Slice the cooked pork belly thinly.

Tip: add one teaspoon of salt to the pork belly and shrimp casserole.

Cut cucumber into roughly 3 × 7 cm sticks.

Wash lettuce and use a salad spinner to drain.

Rolling

Soak the summer roll wrappers in cold water until soft and pliable enough to roll. Put the wrappers on a flat dish. Cover half of the wrapper with a piece of lettuce. Add two slices of pork, one shrimp, and two slices of cucumber together with some noodles. Start rolling the wrapper from both sides and roll up tightly.

A summer roll is ready to be served with a dipping sauce.

Hướng dẫn

Đổ bún khô vào nước đang sôi, luộc khoảng 5–7 phút Sau đó để cho ráo nước. Thời gian luộc bún phụ thuộc vào từng loại bún (nên đọc hướng dẫn trên bao bì). Cách luộc bún giống như cách luộc spaghetti.

Thịt thăn luộc chín cùng một ít muối, sau đó cắt lát mỏng.

Tôm luộc chín cùng một ít muối.

Cắt dưa chuột thành lát nhỏ 3 × 7 cm.

Rửa sạch rau xà lách và để cho ráo nước.

Cách cuộn

Làm ướt bánh tráng bằng 1 chút nước cho đến khi bánh tráng mềm đủ để cuộn. Đặt miếng bánh tráng vào 1 chiếc đĩa phẳng. Sau đó thêm một lá xà lách vào một nửa miếng bánh tráng.

Tiếp theo, cho hai miếng thịt thăn, một con tôm, 2 miếng dưa chuột cùng với một ít bún vào. Cuộn đều tay từ ngoài vào trong.

Cuối cùng bạn đã hoàn thành món gỏi cuốn đơn giản và dễ làm. Bạn có thể thưởng thức gỏi cuốn với một ít sốt chua ngọt.

Tandem Study Experience: This is the first time I have participated in Tandem Studies. My partner is a Finnish girl, who is just so amazing. Coincidentally, we have many things in common, such as some hobbies, interest in Asian culture, books and so on. We both learn from each other about different cultures. Surprisingly, my Tandem partner has visited Vietnam, so we have tons of things to share with each other. Being a Tandem learner is one of the best experiences I have had in Finland.



China has eight major cuisines. People in different areas have different diet habits. Some of the Chinese dishes are difficult to cook at home because of their complexity. But they are really worth tasting if you have the opportunity to visit China. I come from a city in the northeast of China, so the dish I am going to introduce is a common dish in northeast cities and is easy to cook at home. Also, at least for me, I think it is one of the best dishes in China.

Qi Luo

Fried Pork with Vegetables

Ingredients:

2 scallions
 200 g pork
 100 g cabbage
 100 g green chili
 100 g onion
 salt
 black pepper
 oil

Steps:

- Step 1: Wash the vegetables, cut the pork and vegetables into small sticks, 2-3 cm for vegetables and 3-4 cm for pork.
- Step 2: Put two spoons of oil into a pot, wait until the oil is hot and add the pork. Fry the pork medium rare.
- Step 3: Add a pinch of salt and black pepper (as much as you prefer). Fry the pork again for 30 seconds and put the fried pork on a plate.
- Step 4: Add 1 spoon of oil into the pot, wait until the oil is hot and add the vegetables. Fry them over high heat for 3 minutes.
- Step 5: Add the fried pork into the pot. Fry all ingredients together.
- Step 6: Stir until the pork pieces are blended with the spices and vegetables and put everything on a plate.

猪肉炒蔬菜

食材：

蔬菜2根
 猪肉200g
 卷心菜200g
 绿辣椒100g
 洋葱100g
 盐
 黑胡椒
 油。

步骤：

- 第一步 将蔬菜洗净，切成2--3CM小段，猪肉切条，3--4CM小段；
- 第二步 在锅里倒两勺油，等到油热后，放入猪肉，炒到七成熟；
- 第三步 倒一勺酱油，少量盐，黑胡椒(依据自己情况而定)，翻炒猪肉，然后，盛到盘子里备用；
- 第四步 在锅里倒一勺油，开大火，待油热后，放入切好的蔬菜，大火炒分钟左右；
- 第五步 将猪肉倒进锅里，与蔬菜一起翻炒；
- 第六步 待所有猪肉条都沾到调料并与蔬菜混合后，盛到盘子里。



In Finland we cook a lot of different kinds of casseroles. One of the most cooked dish in Finland is **MACARONI CASSEROLE**. Until 1950 it was mostly cooked for special occasions, but nowadays it is common food in Finnish households. Originally, macaroni casserole was made without meat, but nowadays Finns usually use minced meat, but chicken can be used as well.

Siiri Toivanen

Macaroni Casserole

Ingredients:

400 g	macaroni
400 g	minced meat
1	onion
2	eggs
1 l	milk
	salt
	pepper

Step 1: Cook the macaroni according to the instructions on the package.

Step 2: Fry the minced meat and onion.

Step 3: Mix eggs, milk and spices.

Step 4: Mix everything and pour the mixture in a casserole.

Step 5: Put the casserole in a preheated oven (200 degrees) for about 45 minutes.

Makaroni-laatikko

Ainekset:

400 g	makaronia
400 g	jauhelihaa
1	sipuli
2	kananmunaa
1 l	maitoa
	suolaa
	pippuria

Vaihe 1: Keitä makaronit pakkauksen ohjeen mukaan.

Vaihe 2: Ruskista jauheliha ja sipulit pannulla.

Vaihe 3: Sekoita kananmunat ja maito keskenään ja lisää joukkoon mausteet.

Vaihe 4: Kaada kaikki ainekset vuokaan ja sekoita ne tasaisiksi.

Vaihe 5: Paista uunin keskitasolla 200 asteessa noin 45 minuutta tai kunnes pinta on ruskea.

Cooking Experience

Siiri came to my apartment and we cooked together one afternoon. We talked about differences in basic cooking methods. The dish she cooked is a very traditional dish in Finland, which I have seen in supermarkets frequently. I told her that in China potatoes are treated like any other vegetable, not as staple food, which surprised her a lot! We showed each other pictures of dishes often made at home and talked a lot. It has really been a very interesting experience to both of us!



DUMPLINGS is a kind of traditional Chinese food, which have existed for more than 1,800 years. Dumplings are very popular in China, especially in the north of China. On the Chinese New Year, every family will eat dumplings. In China, dumplings have many positive meanings. People use different fillings, such as meat, vegetables, a candy, jujubes or even a coin. If you eat a dumpling with a candy inside, it means your life will be happy and good in the coming year. If you eat a dumpling with a coin inside, it means you will earn more money in the coming year. Dumplings are a common dish and many restaurants serve them.

Yiying Pei

Chinese Dumplings

Recipe

500 g flour
 510 ml water
 60 ml oil
 2 egg
 200 g chives
 300 g meat
 2 spoons soy
 2 spoons sugar
 1 spoon salt

1. Put flour into a big bowl, add water into it and mix for 5-7 minutes until you have a dough.
2. Put the dough on a work surface, knead the dough and put it back into the bowl, cover with a lid.
3. Fry two eggs and cut them into small pieces, and put them into a bowl.
4. Cut the chives and meat into small pieces.
5. Put the meat, chives and eggs into a bowl and add sugar, salt, oil, soy and water, and mix them together.
6. Put the dough on the work surface, roll it into a sausage, and cut into small pastries.
7. Make a pleat, and bring the opposite side of the dumpling over to the pleat, and pinch the two together into a dumpling.
8. Put the dumplings into boiling water. When they float up, take them out. The dumplings are ready to be served.

食材

面粉 500克
 水 510毫升
 植物油60毫升
 鸡蛋 2个
 韭菜 200克
 肉馅 300克
 酱油 2汤匙
 糖 2汤匙
 盐 1汤匙

做法

1. 把面粉放入大碗中，加水搅拌5-7分钟，得到完整的面团。
2. 把面团从碗中取出，放在工作台上，用手揉至顺滑，放回碗中，盖上盖子，静置30分钟。
3. 在锅中将两个鸡蛋炒熟，并搅拌成鸡蛋碎，盛入碗中，备用。
4. 将韭菜切碎，肉切成肉馅。
5. 将鸡蛋，韭菜，肉馅放入碗中，加入盐，糖，酱油，植物油和水，搅拌均匀。
6. 将面团取出，放在工作台上，揉成圆柱形，用刀切成合适大小的小面团。
7. 用擀面杖将面团擀成饺子皮，将馅料放在饺子皮中央，将四周捏紧，放在盘子中。
8. 将包好的饺子放入沸水中，待饺子浮在水面上，将饺子取出，放入盘



KARJALANPIIRAKKA is originally from southeast Finland, Karjala, but after the Second World War, the Karelians were forced to move from their homes. The tradition of karjalanpiirakka was therefore spread through the country. People claim that the only true and real karjalanpiirakka still comes from those areas, but nowadays they are sold, made and eaten all over Finland. Karjalanpiirakka is not connected to any festivities, they can be eaten whatever the occasion!

Emma Aulua

Karelian pastry with rice porridge

served with egg butter

Ingredients

The filling

- 2 dl rice for the porridge (this has to be a special kind of porridge rice, regular rice will not do. The package should say "puuroriisi" if you are looking for it in Finland)
- 2 dl water
- 9 dl milk (in Finland we use one that has 3,5% fat)
pinch of salt
- 1 tbsp butter
- 1 egg

The pastry

- 1 dl water
- 1,5 dl rye-flour
- 1 dl regular wheat-flour
pinch of salt

The egg-butter

- 4 eggs
- 50 g butter
pinch of salt

Karjalanpiirakka munavoilla

Ainekset

Täyte

- 2 dl puuroriisiä
- 2 dl vettä
- 9 dl täysmaitoa
- 1 rkl voita
- 1 muna
- ripaus suolaa

Taikina

- 1 dl vettä
- 1,5 dl ruisjauhoja
- 1 dl vehnä jauhoja
ripaus suolaa

Munavoi

- 4 munaa
- 50 g voita
ripaus suolaa

Cooking

First prepare the porridge. You can do it the night before, as it needs to be cool when placing it on the pastry. Heat the water to a boil and add the rice. Boil until the rice has absorbed the water and add milk. Lower the temperature of the cooker and let the porridge cook gently for about 45 minutes. Remember to stir occasionally, as the milk easily burns. Add salt and butter when ready. Add the egg when the porridge is no longer hot, stir well.

Making the pastry is the easiest part – just mix water, two kinds of flours and salt together carefully. Sprinkle some flour on the table to prevent the pastry getting stuck on it. Roll the pastry in one long “tube” and cut it in about 15 equal sized pieces. Roll each piece into a ball. Use a rolling pin to make them really flat, only about 1 mm thick. If you stack them on each other into a pile, add flour between each, so they will not stick.

Place some porridge in the middle of the pastry, bend the edges inwards and use your thumb and index finger to create a nice edge. Bake in 275 degrees for 10–12 minutes. To make the pastries look delicious, make a mixture of 4 tablespoons of butter and 1 dl of fatty milk, and spread it on the pastries as soon as you take them out of the oven. Leave the pastries to rest and cool for about an hour.

For the egg-butter, boil the eggs for about 8 minutes. Slice a piece of butter into small cubes and quickly melt it in the microwave until it is soft, but not completely melted! Use a fork to break the eggs and then mix with soft butter and salt.

Enjoy!

Valmistus

Valmista ensimmäiseksi puuro. Puuron voi valmistaa jo edellisenä iltana, sillä sen on oltava hyvin jäähtynyt taikinalle laittaessa. Kuumenna vesi kiehuvaan ja lisää riisi. Anna kiehua kunnes vesi on imeytynyt riisiin. Lisää maito ja anna hautua kannen alla n. 45 minuuttia. Muista sekoittaa välillä, sillä maito palaa helposti pohjaan. Lisää suola ja voi kun puuro on valmis. Kananmuna lisätään kun puuro on kunnolla jäähtynyt. Sekoita kananmuna huolella puuroon.

Taikinan tekeminen on helppoa – sekoita vain vesi, jauhot ja suola keskenään huolellisesti. Levitä työtasollesi jauhoa, taikina jää helposti pöytään kiinni. Leivo taikina pitkäksi pötköksi ja leikkaa se n. 15 palaan. Pyörittele jokainen pala palloksi, litistä ja kaulitse n. 1mm paksuiseksi ympyräksi. Jos pinoat taikinoita päällekkäin, lisää väliin jauhoa, jotta ne eivät jää kiinni toisiinsa.

Aseta taikinalevyn keskelle vähän puuroa, käännä reunat sisäänpäin ja nipistele sormillasi reunoihin kaunis rypytys. Paista 275 asteessa 10–12 min. Sekoita neljä ruokalusikallista voita ja yksi desilitra täysmaitoa. Voitele piirakat seoksella heti, kun otat ne uunista. Jätä piirakat paiston jälkeen lepäämään ja jäähtymään tunnin ajaksi.

Keitä munia n. 8 minuuttia munavoita varten. Pilko voi pienemmiksi paloiksi ja käytä sitä mikrossa sen verran, että se vähän pehmenee. Hienonna munat haarukalla ja sekoita voin ja suolan kanssa.

The Chinese-Finnish Kitchen

We had been planning to cook together in any case, so the cookery book project was great for us. We are both interested in foods from different countries and what would be a better way to learn than cooking with a person from another culture? We learned of each other's cultures and history and we got to try something new. We did not discuss beforehand what dishes we were going to choose, so it was really good that we both chose something that was completely new. The Chinese dish is dumplings with meat filling and the Finnish one is rice-pies served with egg and butter.

Yiyi Pei and Emma Aula

Savory





Ivan Kupalov

Pelmeni

We decided to cook **PELMEI** because it is a typical Russian dish and it is relatively easy to make. I wanted to make pelmeni, because it reminds me of my family. We often cooked them together. The process of cooking pelmeni is quiet repetitive and you have time to talk in the kitchen about everything, which is very typical in Russia. I have made pelmeni since my childhood and I missed them when I moved from home. I never did them all by myself, so this was challenging. I think I did quite well, considering it was my first time.

Ingredients

3 cups flour
1 cup water
500 g ground beef
salt
2-3 onions
2 bay leaves
allspice

Ингредиенты:

мука - ~ 3 стакана
вода - ~ 1 стакан
говяжий фарш - 500 г
соль
луковицы - 2 - 3 шт.
лавровый лист - 2 шт.
черный перец горошком

Mix flour, water and salt, knead the dough into a ball.

Put dough ball into a plastic bag and put it into freezer for 10–30 minutes

Clean and cut onions into very small pieces (it is better to cut it with a machine)

Mix cut onion with the ground beef, salt and pepper.

Roll dough out into a circle less than 1 cm thick

Use glass to cut dough into smaller circles.

Put meat into each circle and fold pelmeni.

Place pelmeni on a baking sheet or cutting board and put it into the freezer.

After 15–20 minutes, cook pelmeni in water for 5–7 minutes. Do not forget to season with allspice and bay leaves. Use dough leftovers to roll a new ball and roll it into a circle. Repeat as long as you have meat.

Pelmeni are often made in advance and not intended to be eaten immediately. Pelmeni can be kept in the freezer in plastic bags, and be cooked later in water.

Смешайте муку, воду и соль, замесите тесто

Засуньте тесто в пластиковый мешок и поставьте в морозилку на 10 - 30 минут

Почистите лук и измельчите, лучше сделать это в комбайне или мясорубке

Смешайте лук, фарш, соль и перец

Раскатайте тесто так, чтобы оно было толщиной меньше сантиметра

С помощью стакана нарежьте тесто кружочками

Положите мясо в каждый кружочек и заверните пельмень

Положите пельмени на разделочную доску с мукой и поставьте её в морозилку

Через 15 - 20 минут можно варить пельмени. Они будут готовы через 5 - 7 минут. Не забудьте положить лавровый лист и перец.

Используйте остатки теста чтобы скатать новый шар и раскатать его.

Повторяйте, пока у вас остался фарш

Пельмени обычно готовятся наперед и не съедаются за раз. Их перекладывают в пластиковый пакет и держат в морозилке, затем варят, когда это необходимо.

Short description about Tandem experience

Ivan:

I loved our Tandem partnership; it is a great way to look into another culture and a rare chance to get to know another language. Sharing knowledge about your country is also interesting and satisfying. It is great that you can actualize things and prove some facts about another country. One of the best experiences for me was sharing music. Visiting Vellamo and Maretarium in Kotka was also great. I do not think I would had gone there by myself. We also looked at some IT jobs, which I probably would not have done by myself. I think Tandem studies is a great way to learn, and I recommend all language learners to try it.

Mervi Lappi

Christmas Pastry

Joulutortut

Puff pastry

150 g butter
3 dl wheat-flour
¾ dl cold water

Other ingredients

egg
plum jam
icing sugar

Mix soft butter and wheat-flour in a bowl. Add cold water and mix again. Put the dough in the fridge for a while. When the dough has cooled, roll out the dough with flour. Fold the dough sheet and roll out again. Repeat 2–3 times.

Cut round shaped pieces of the puff pastry and put plum jam in the middle of the dough-circle. Fold the round shaped pieces to a crescent shape and press the edges together. Brush pastries with egg white and bake in the oven (225 °C) until puff pastry is beautifully brown.

When Christmas pastries have cooled, dust them with icing sugar.

Voitaikina

150 g voita
3 dl vehnä jauhoja
¾ dl kylmää vettä

Muut ainesosat

muna
luumuhillo
tomusokeri

Sekoita pehmeä voi ja vehnä jauhot kulhossa. Lisää kylmä vesi ja sekoita taas. Laita taikina hetkeksi jääkaappiin. Kun taikina on hieman jähmettynyt, kaulitse taikina jauhojen kera. Taita taikinal levy ja kaulitse uudelleen. Toista tämä 2–3 kertaa.

Leikkaa voitaikinasta pyöreän muotoisia paloja ja laita niiden keskelle luumuhilloa. Taita pyörylä puolikuun muotoon ja paina reunat tiiviisti vastakkain. Voitele tortut munan valkuaisella ja paista uunissa (225 °C), kunnes voitaikina on kauniin ruskea.

Kun joulutortut ovat jäähtyneet, voit ripotella niiden päälle tomusokeria.

Mervi:

Tandem studies and meeting my tandem partner was very important for me in many respects. I have just moved to Kotka and do not have a big social network here yet. So, it is nice to have company. Also, I am going to do some studying abroad and it is really valuable to have the opportunity to practice my language skills. I am also generally interested in foreign cultures and this is a unique possibility to get to know Russian culture, language and habits.



I chose the traditional **CHRISTMAS PASTRY** as my recipe, because Finns eat them a lot before and during Christmas time (in November and December, when we were doing the cookery book). I also had very delicious mom-made plum jam, which is one of the ingredients in Christmas pastries.

Christmas pastry is made from puff pastry and typically filled with plum jam. The pastries usually have the shape of a star, but other shapes are possible too. When I was a child, my mother always baked these pastries before Christmas. She used to cut round shaped pieces from the puff pastry and filled the pastries with apple jam, which can be used instead of plum jam.



kvass is a Russian fermented beverage, traditionally made of beets, whey and rye bread. This simplified fruit version is grain free, and still packed with taste and natural bubbles.

It has a fruity flavour to it, with a slight hint of honey and can be a good alternative to a soft drink. You can vary the flavours and fruit as you like, so there is an endless number of combinations. Be creative!

This recipe is very easy, with few ingredients and a short preparation time (yes, 48 hours is actually short, for being a fermented beverage). So this is perfect if you want to try a fermented beverage for the first time.

Leonora Barnatskaia

Fermented Fruit Kvass

Fermented Fruit Kvass

- 1 large glass jar
Make sure to always use ripe fruit when fermenting.
- ¼ of a large glass jar of mixed ripe fruit (we used apple, raisins, dried apricots, a mix of berries, lemon, cardamom, cinnamon)
- 1 tbsp unpasteurized honey
- 1-inch fresh ginger, peeled
pure water to fill the jar

Place fruit, honey and ginger in a jar. Add water to fill up the jar, BUT leave extra space to allow pressure to build. Tightly close the jar. Place in room temperature for 2–3 days, give it a shake twice a day. After 24 hours, you can see fermentation bubbles. Taste your brew every day to see when it is ready, it depends on the room temperature and sugar content. It should taste sweet and the fruit look 'cooked'. Strain the brew and drink it as it is, or store in the fridge for up to a week.

If you have any problems with the fermenting process, you can add whey or yeast, it can depend on the water or the honey you use.

Фруктовый квас

Фруктовый квас

- 1 стеклянная емкость с плотно прилегающей крышкой
- ¼ емкости спелых фруктов на ваш вкус (мы использовали яблоки, изюм, курагу, ассорти ягод, лимон, кардамон, корицу)
- 1 столовая ложка меда
- 3 см свежего имбиря натертого на терке
чистая вода, чтобы заполнить емкость

Поместите фрукты, мед и имбирь в стеклянную емкость. Заполните почти всю емкость водой, оставив сверху лишь несколько сантиметров для создания необходимого для ферментации давления. Плотно закройте емкость крышкой. Держите емкость в помещении при комнатной температуре в течение 2–3 дней и не забывайте периодически встряхивать содержимое, чтобы обеспечить эффективный процесс ферментации. Через 24 часа в квасе должны появиться пузырьки, а к моменту готовности напиток должен быть чуть газированным и приятным на вкус. Процедите содержимое емкости, охладите напиток и подавайте к столу.

Готовый фруктовый квас может храниться в холодильнике в течение недели.

В случае если процесс ферментации идет медленно, это может быть связано с качеством воды или меда, можно добавить щипотку сухих дрожжей в качестве закваски.



RICE PORRIDGE is a well known dish almost everywhere in the world and a common breakfast or go-to meal for Finns. It is quick to make and you only need few ingredients for the most basic recipe. It can also be prepared in endless varieties, depending on the season and preference.

Rice porridge is cooked with water, fruit or vegetable juice or any kind of milk. You can also add berries, nuts, cinnamon-sugar, jam, dessert cream (kiisseli in Finnish) and different kinds of seeds as a topping.

In Nordic countries, rice porridge is a traditional food. In Finland it is an important part of the Christmas table, and during Christmas the porridge is hence called "Christmas porridge".

RIISIPUURO tunnetaan lähes joka puolella maailmaa. Pohjoismaissa riisipuuro on perinneruoka, joka valmistetaan puuroriisistä, maidosta, sekä suolasta. Riisipuuron kanssa voidaan nauttia kanelisokeria, hilloa, mehukeittoa ja marjoja. Suomessa riisipuuro on yksi joulun ruokaperinne ja juuri joulun aikaan riisipuuroa kutsutaankin joulupuuroksi.

Bettina Rainman

Rice Porridge

Rice Porridge

2 dl water
 2 dl porridge rice
 1 l milk
 ca ½ tsp salt

Bring water to a boil in a saucepan and add the rice. Add milk and cook the porridge for 15 minutes, stirring continuously. Move the porridge from the heat and let it simmer under a lid for about 45 minutes. Before serving, heat it up a bit and add salt. Serve the porridge with milk, cinnamon-sugar, or regular sugar.

Riisipuuro

Riisipuuron valmistusohje

2 dl vettä
 2 dl puuroriisiä
 1 l maitoa
 n. ½ tl suolaa

Kiehauta vesi kattilassa, lisää riisit. Sekoita maito joukkoon ja hämmennä koko ajan 15 minuuttia. Peitä kattila kannella ja siirrä toiselle levyille noin 45 minuutiksi. Ennen kuin tarjoilet puuron, kuumenna puuro ja lisää suola. Tarjoile puuro maidon, kanelisokerin tai tavallisen sokerin kanssa.

Kvass and Porridge

When two people are hungry there are no language barriers between them. Food, flavours, tastes – the very heart of a culture – is a common ground for everybody, you will always find something to talk about! So, me and Bettina are no exceptions to the rule—we have spent many nice evenings, chatting and cooking together, mixing languages and ingredients, telling stories and sharing family recipes. It is no secret that Russian and Finnish cuisines are very alike. Maybe one thing differs though—Finns like their food simple and don't make a fuss about it. You can almost always detect the ingredients on your plate, Finns respect colours and shapes, just as the products are in the nature, Russians on the other hand, want the "human touch" to be visible.

As a good example of this theory we have two recipes for you – Finnish rice porridge – plain and minimalistic (as Scandinavian design) and Russian kvass, where fuss is substituted with bubbles. We hope you will like it!

Mirka Piira

Meatball Sauce

Ingredients

Meatballs

400 g	minced meat
1	package French Onion Soup Mix
0,5 dl	breadcrumbs
1,5 dl	water
1	egg

In a bowl, mix the soup mix, water and breadcrumbs. Let the mixture set for 5 minutes. Add minced meat and the egg.

Form into meatballs with moist hands. Put the meatballs on baking paper and bake in 225 degrees for 15 minutes.

Brown sauce

2 tbsp	butter
2 tbsp	flour
4 dl	water
1 dl	cream
1 tbsp	ketchup
1 beef	stock cube

Brown the flour lightly in butter. Add water, stirring constantly. Add the cream, ketchup and meat stock and check the taste. The sauce can be served separately, or poured over the meatballs.

Lihapullakastike

Ainekset

Lihapullat

400 g	jauhelihaa
1	Ranskalainen sipulikeitto pussi
0,5 dl	korppujauhoa
1,5 dl	vettä
1	kananmuna

Sekoita kulhossa ranskalainen sipulikeitto, vesi ja korppujauhot. Anna turvota 5 minuuttia. Lisää jauheliha ja kananmuna. Sekoita ja pyöritä lihapullat kosteilla käsillä. Laita lihapullat leivinpaperille ja paista 225 asteessa noin 15 minuuttia.

Kastike

2 rkl	voita
2 rkl	vehnä jauhoja
4 dl	vettä
1 dl	kermaa
1 tl	ketsuppia
1	lihaliemikuutio

Ruskista jauhot kevyesti voissa. Lisää neste sekoittamalla koko ajan. Lisää kerma ja lihaliemikuutio ja tarkista maku.



LIHAPULLAT ovat perinteinen ja suosittu ruoka Suomessa. Lihapullia voidaan tarjota monenlaisissa tilanteissa, esimerkiksi cocktail-juhlissa, ravintoloissa ja kotona. Lihapullia voidaan myös muunnella monin eri tavoin ja niitä voidaan tarjota melkein minkä tahansa kanssa, aina perunamuusista pizzaan.

MEATBALLS are traditional and popular food in Finland. Meatballs can be served at many occasions, for example at cocktail parties, in restaurants and at home. Meatballs can be made in many different ways and be served with almost anything, from mashed potatoes to pizza.

Mirka Piira

Mashed potatoes

700 g peeled potatoes
1 tsp salt
4 tbsp cream
2 tbsp butter
1 dl milk (or more)
salt and pepper

Put the peeled potatoes into a casserole and add cold water. Cook for 15 to 20 minutes. When the potatoes are done, drain the water. Add butter, cream and milk. Mash the potatoes with a potato masher. Add salt and pepper to taste.

Perunamuusi

700 g kuorittuja perunoita
1 tl suolaa
4 rlk kermaa
2 rlk voita
1 dl maitoa
(tai enemmän, kunnes perunamuusi on pehmeää)
suolaa ja pippuria

Laita kuoritut perunat kylmään veteen kattilaan. Keitä n. 20 minuuttia. Kaada vesi pois ja lisää kerma, voi ja maito. Muussaa muusi perunasurvimella tasaiseksi.

Our Tandem Experience:

First we got to know each other by having a cup of coffee together. So far we have done a lot of things together, for example shopping in Veturi, playing table games and preparing food together. I think the best thing about Tandem studies is that you get to know a different culture in a very fun way





DRESSED HERRING is originally a Russian traditional dish. It is a convivial salad, usually made at New Year. Originally, dressed herring was a symbolic snack for proletarians. The ingredients reminded of the revolution.

As this herring has many layers, people started calling it “dressed” and to make it only during the winter.

селёдка под шубой – традиционный русский новогодний салат. Он появился сразу после революции как закуска пролетариата. Сельдь – символ рабочих, картофель и морковь – крестьянство, свёкла – красное знамя революции.

Селёдка под шубой готовится зимой, во время холода, когда без шубы не обойтись никому, даже селёдке.

Tandem experience:

I enjoyed cooking with my partner Meri. It was a task with a special atmosphere, because I shared something connected to my country, something I am proud of. My partner Meri made Finnish homemade food.

Ekaterina Volkova

Dressed herring

Ingredients:

	herring
3	potatoes
2	carrots
2	beetroot
1	onion
	mayonnaise

Recipe:

- 1) Boil potatoes (20 min) and beetroot (1, 5 hour). Peel the carrots and boil them as well (20 min).
- 2) Take a big voluminous dish for serving the dish. Pour some hot water at the bottom of it, and steam it away.
- 3) Dice the herring, and put it at the bottom of the dish. There should be no free space at the bottom of the plate.
- 4) Cover the fish with finely chopped onion, and put the mayonnaise above.
- 5) Dice boiled unskinned potato, and put it above the previous layers. Do not forget that everything should be layered in a certain order! Cover it with mayonnaise again.
- 6) Grate the boiled carrot and make another layer on the dish. Add mayonnaise.
- 7) Peel the boiled beetroot. Grate it, and mix it with the mayonnaise. Make the final layer on the dish
- 8) Decorate the dish with egg or sprinkle grated cheese on top.

Селёдка под шубой

Ингредиенты:

сельдь
картофель (3 штуки)
морковь (2 штуки)
свёкла (2 штуки)
лук репчатый (1 штука)
майонез

Способ приготовления:

- 1) Отварить картофель в мундире в течение 20 минут, свеклу с кожурой в течение 1,5 часа, очищенную морковь 20 минут.
- 2) Взять ёмкость для салата и ошпарить её кипятком.
- 3) Мелко порезать сельдь кубиками и выложить на блюдо плотным слоем.
- 4) Поверх сельди положить мелко порезанный лук. Плотно покрыть получившиеся слои майонезом.
- 5) Порезать картофель кубиками, выложить на тарелку и снова плотно покрыть майонезом. Каждый ингредиент должен быть выложен отдельным слоем в указанном порядке!
- 6) Растереть морковь и выложить её на блюдо, снова покрыв майонезом.
- 7) Очистить свёклу, растереть, отдельно смешать с майонезом и выложить на блюдо.
- 8) Салат можно украсить сверху яйцом или мелко порезанным сыром.

Meri Ketonen

Finnish Pancake

Pannukakku

4 dl all-purpose flour
1 ½ dl sugar
1 tsp baking powder
1 tsp salt
1 tsp vanilla sugar
8 dl milk
2 eggs
100 g melted margarine or butter

4 dl vehnä jauhoja
1 ½ dl sokeria
1 tl leivinjauhetta
1 tl suolaa
1 tl vaniljasokeria
8 dl maitoa
2 kananmunaa
100 g sulatettua margariinia

Mix the dry ingredients. Add milk, eggs and melted, cooled margarine. Mix everything until even. Pour batter onto a parchment paper covered baking tray. Bake for 30 minutes in 200–255°C until beautifully golden brown. Cut to squares and serve with jam.

Tip: The pancake can also be served with maple syrup, whipped cream or a salty filling, such as smoked salmon.

Sekoita kuivat aineet. Lisää sekaan maito, munat sekä sulatettu, jäähtynyt margariini. Sekoita tasaiseksi. Kaada taikina leivinpaperilla päällystetylle uunipellille ja paista uunissa 200–225 asteessa noin 30 minuuttia kunnes pinta on kauniin kullanuskeaa. Leikkaa reiluiksi neliöiksi ja tarjoile hillon kanssa.

Vinkki: Voit myös tarjoilla tämän vaahterasiirapin, kuohukerman tai jonkun suolaisen täytteen kanssa, kuten lämminsavulohen kanssa.

The Cooking Experience

It was really fun to make these pancakes with Ekaterina. I had to use eyeball measuring, since we did not have a measuring cup on our hands. Melting the margarine was also kind of funny. I have never used an oven with low temperature to melt margarine when baking. I have always used a microwave. I have to say that the result was a lot better in the oven.

When we took the pancake out from the oven, we noticed that it was stuck to the paper and did not come off. The result though was really good and tasty, even though we had some complications.



Sweet

Tämä **SUPERHELPPO PANNARI** on jotain aivan muuta kuin pannukakut, joita amerikkalaisissa elokuvissa tai tv-sarjoissa näkee. Jos vieraat yllättävät, niin tämän herkun ainekset löytyvät jokaisen kaapista ja on myös erittäin nopea ja helppo valmistaa. Voidaan nauttia jälkiruokana (usein hernekeiton kanssa), välipalana tai kahvin kera.

This **SUPER EASY PANCAKE** is not like the pancakes you can see, for example, in American movies or TV shows. This pancake can be made quickly if you have visitors coming at short notice. The taste is delicious and you don't even have to run to the grocery store as the ingredients can be found at home. This pancake can be eaten as a dessert (often with pea soup) or with coffee, or as a snack.

Siarhei Karnach

Potato Pancakes

500 g peeled potatoes
2 tbsp all-purpose flour
1 finely chopped onion
1 egg
¼ tsp salt
2-3 tbsp milk
2 tbsp vegetable oil
pepper
oil for frying

Preparation:

1. Using a grater, grate potatoes and drain well.
2. In a large bowl, combine grated potato with onion, egg, flour, salt, milk, vegetable oil and pepper.
3. Heat oil slowly in a frying pan, until a bread cube dropped into oil becomes golden brown.
4. With a spoon, put potato mixture on frying pan and cook pancakes 2 or 3 minutes on each side, or until golden brown.
5. Serve hot.

Драники (Картофельные оладьи)

500 г картофеля, очищенного.
2 ст. ложки пшеничной муки.
1 мелко нарезанная луковица.
1 яйцо.
¼ ч. ложки соли.
2 — 3 ст. ложки молока.
2 ст. ложки растительного, подсолнечного масла.
перец.
масло для жарения.

Приготовление:

1. Натереть на тёрке картофель и отжать его хорошо.
2. Перемешать в большой миске натёртый картофель с луком, яйцом, мукой, солью, молоком, растительным маслом и перцем.
3. Разогреть медленно растительное (подсолнечное) масло в сковороде до тех пор, пока кусочек хлеба кинутый в масло не станет золотисто – коричневого цвета.
4. Выложить картофельную массу ложкой на разогретую сковородку и обжарить оладьи 2 или 3 минуты с каждой стороны или пока они не станут золотисто – коричневого цвета.
5. Подавать горячими.



BELARUS POTATO PANCAKES are traditionally eaten for breakfast. Some villages have an interesting tradition: before eating this dish, it would be desirable to eat the crust of dark bread.

Draniki is served preferably with fresh homemade sour cream. It can also be served as a stew in a ceramic pot by adding homemade sausages, onions, carrots, mushrooms, and cream.



Milla Tuomela

Berry Pie

125 g butter
 1 dl sugar
 1 egg
 3,5 dl flour
 1 tsp baking powder
 2 tsp vanilla sugar

Mix butter and sugar, add the egg. Add flour, baking powder and sugar and mix all ingredients together. Pour the dough into a pie mould.

200 g quark
 0,5 dl sugar
 1 egg

Mix the ingredients together and pour on the pastry shell.

berries

Sprinkle berries on top of the mixture and bake the pie at 175 degrees for 45 minutes.

Marjaniirakka

125 g voita
 1 dl sokeria
 1 kananmuna
 3,5 dl vehnä jauhoja
 1 tl leivinjauhetta
 2 tl vaniljasokeria

Vaahdota sula voi ja sokeri, lisää kananmuna ja sekoita. Lisää loput ainekset ja sekoita. Levitä taikina vuokaan.

200 g rahkaa
 0,5 dl sokeria
 1 kananmuna

Sekoita kaikki ainekset ja lisää taikinan päälle.

marjat

Ripottele marjat päälle ja paista 175 asteisessa uunissa n. 45 min.

George Hoekstra

Potato Stew with Kale

Ingredients

600 g kale
1 kg potatoes
pepper and salt
gravy
250 g smoked sausage

Cut the potatoes and tear the kale into small pieces. Take a large pan and put the kale and the potatoes in the pan. Cook the kale and potatoes for 30 minutes on a moderate high fire. After 30 minutes, the potatoes can be smashed and the gravy and smoked sausage added. Wait a few minutes and enjoy your meal.

Stampopot boerenkool

Ingrediënten

600 g boerenkool
1 kg aardappelen
peper en zout
jus
250 g rookworst

Aardappel schillen en boerenkool snijden. De boerenkool in een grote pan doen en de aardappelen erop leggen. De aardappelen en boerenkool kunnen 30 minuten op matig hoog vuur worden gekookt. Als de 30 minuten voorbij zijn kunnen de aardappelen worden gestampt en kan de jus worden toegevoegd. De rookworst al dan niet gesneden kan worden toegevoegd aan het gerecht. Een paar minuutjes wachten tot de rookworst warm is. Eet smakelijk!

Tandem Experience

The whole Tandem experience has been interesting and fun. The most interesting part has been to learn about each other's cultures and countries. We especially enjoyed cooking together and trying some of our own countries' traditional foods and drinks. We have had a lot of fun with learning the pronunciations of our respective languages. Tandem partnership has been an unforgettable experience.

George Hoekstra & Tytti Maasalo



POTATO STEW WITH KALE is a typical Dutch winter dish. During the winter months, Dutch people eat a lot of mashed potato dishes. My personal favorite mashed potato dish is the dish with kale. I have chosen this dish, because I like the taste and want to cook something typically Dutch for my Finnish Tandem partner.



I chose this dessert recipe, because I love these **FINNISH CHRISTMAS PASTRIES**. They are very traditional and something you eat only around Christmas. It also feels so special every year to eat the first pastries of the season. I have eaten them since I was born, so they remind me of the childhood Christmases as well. Because the season is about to come, I wanted to share this recipe with my Tandem partner. They are very easy and fun to make, enjoy!

Tytti Maasalo

Joulutortut

Ingredients:

Dough

5 dl	whipping cream
1 kg	wheat flour
1½ tsp	baking powder
500 g	butter
2	eggs

Plum jam

½ kg	plums without stones
100 g	sugar (1 ¼ dl)
½ l	water

Vatkaa kerma ja munat sekaisin vaahdoksi. Vatkaa sen jälkeen myös voi vaahdoksi.

Jauhot (johon on lisätty leivinjauhe) lisätään hiljalleen kerma-munavaahtoon. Sekoita tämä vuorotellen voivaahdon kanssa. Voita voi alkaa lisäämään ennen kuin kaikki jauho-kerma-muna-vahto on sekoitettu yhteen.

Pidä taikina 2 tuntia kylmässä paikassa ennen leipomista. Kauli taikinasta pieniä neliöitä ja täytä ne luumuhillolla. Taittele tortuiksi ja voitele halutessasi munalla.

Paista 225 asteisessa uunissa n. 10 minuuttia.

Finnish Christmas Pastries

with Plum Jam

Ainesosat:

Taikina

5 dl	vispikermää
1 kg	vehnä jauhoja
1½ tsp	leivinjauhoja
500 g	voita tai margariinia
2	munia

Luumuhillo

½ kg	kivettömiä luumuja (2 pussia)
100 g	sokeria (1 ¼ dl)
½ l	vettä

Mix cream and eggs together with a mixer until light and fluffy. Wisk butter separately until it is light and fluffy as well. Add baking powder with the flour and add the mix in extracts to the cream-egg batter. You can start adding the butter batter to the dough before you have added all the flour. When everything is mixed together thoroughly, put the dough in the fridge and leave it there for 2 hours. Meanwhile prepare the plum jam. Boil the plums with sugar in boiling water for 30 minutes. Blend them until smooth after that. Roll the dough to small squares. Cut every corner a little bit towards the middle and add jam in the middle. Fold every second corner to the middle to the shape of a star. Bake in a preheated oven at 225 degrees for approximately 10 minutes.

Mardjantie Stienstra

‘Wentelteefjes’ with Vanilla Ice Cream

Ingredients (Recipe for 8)

	white bread
0.5 l	milk
2	eggs
75 g	sugar
	cinnamon
	vanilla ice cream
	butter (for baking)

How to make it

1. Mix the milk and the eggs. It is optional to add sugar to this.
(1.1 Cut the edges of the bread, also optional)
2. Dip the bread on both sides in the milk-egg mix.
3. Fry the bread golden brown on both sides in a frying pan with some butter.
4. Sprinkle the ‘wentelteefjes’ (the bread) with cinnamon and sugar.

How to serve

Serve the ‘wentelteefjes’ with a scoop of vanilla ice cream.

! Tip

It is also possible to eat ‘wentelteefjes’ for breakfast or lunch, but probably without the vanilla ice cream then.

Wentelteefjes met vanille ijs

Ingrediënten (voor 8 wentelteefjes)

	wit brood
5 dl	melk
2	eieren
75 g	suiker
	kaneel
	vanille ijs
	bakboter

Bereidingswijze

1. Klop de eieren en de melk door elkaar.
Eventueel wat suiker erbij
(1.1 Snij de randjes van het brood)
2. Haal de sneetjes brood door het melk en ei mengsel.
3. Bak in een koekepan met een beetje boter de sneetjes brood goudbruin.
4. Bestrooi de wentelteefjes met kaneel en suiker, na smaak.

Serveren

Server de wentelteefjes met een bolletje vanille ijs.

! Tip

Wentelteefjes kun je ook als ontbijt/lunch eten, maar dan misschien zonder de vanille ijs.



Sweet

In The Netherlands we have a lot of typical Dutch sweets and snacks, but not that many typical dishes. In general Dutch people rather eat other cuisines, for example Italian. For this reason I chose as my recipe something that Dutch people eat as breakfast or lunch on special occasions. I like to make it for my mother or father on Mother's or Father's Day, for example. For this occasion, I chose to make a dessert of it, which is also possible. It is called 'WENTELTEEFJES'.

Sanna Pakarinen

Smoked Salmon Paste

Ingredients (for 4 Persons)

250 g	smoked salmon
150 g	natural cream cheese
1 cup	crème fraîche
½ cup	fresh dill, chopped
½ cup	fresh horseradish, grated
	ground black pepper
	rye crackers for serving

1. Grate the horseradish and chop the dill.
2. Mince the smoked salmon in a bowl and add cream cheese, crème fraîche, grated horseradish and chopped dill.
3. Blend until the paste is smooth.
4. Add some black pepper and blend.
5. Put the paste into the fridge for flavours to blend.
6. Before serving, put a clod of paste on top of the crackers and decorate with dill.

Lämminsavu-lohitahna

Ainekset (4 henkilölle)

250 g	lämminsavulohta
150 g	maustamatonta tuorejuustoa
1 dl	ranskankermaa
½ dl	tuoretta tilliä, pilkottuna
½ dl	tuoretta piparjuurta, raastettuna
	mustapippuria
	ruisnappeja tarjoiluun

1. Raasta piparjuuri ja hienonna tilli.
2. Hienonna lämminsavulohti kulhoon ja lisää joukkoon tuorejuusto, ranskankerma, hienonnettu tilli sekä raastettu piparjuuri.
3. Sekoita sileäksi tahnaksi.
4. Lisää joukkoon hieman mustapippuria ja sekoita.
5. Laita tahna jääkaappiin maustumaan ja odottamaan tarjoilua.
6. Juuri ennen tarjoilua, laita nokare tahnaa ruisnappien päälle ja koristele tillillä.



LÄMMINSAVULOHITAHNA on helppo ja nopea valmistaa. Se on suosittu cocktail- tai alkupala juhlissa, joko ruisnappien tai saaristolaisleivän täytteenä. Lämminsavulohitahna sopii myös uuniperunoiden tai lettujen täytteeksi.

SMOKED SALMON PASTE is easy and quick to prepare. It is popular as a cocktail snack or as a starter in a celebration and it is usually eaten on top of rye crackers or round loaf of bread. Smoked salmon paste is also an excellent filling for baked potatoes or crêpes.



"NUDELSALAT MIT FRIKADELLEN" ist ein schnelles, einfaches und beliebtes deutsches Rezept.

"NOODLE SALAD AND MEAT BALLS" is a quick, easy and popular German recipe.

Victoria Barth

Noodle salad

250 g farfalle (bow-tie pasta)
 250 g mayonnaise
 100 g canned corn
 100 g gherkins
 50–100 g ham
 15 g chives
 pinch of salt

1. Bring about 2 liters water to boil in a big casserole. Add a pinch of salt and the pasta. Cook for about 10 minutes and stir occasionally.
2. Pour out the water, put the pasta in a bowl and let cool for about 15 minutes. Meanwhile chop the gherkins and the chives into small pieces. Cut the ham into about 1 cm squares.
3. Combine the pasta, corn, gherkins, ham and chives and mix gently. Then add the mayonnaise until all ingredients are well combined.

You can also add more ingredients or mayonnaise if necessary.

Nudelsalat

250 g farfalle (schleifennudeln)
 250 g mayonnaise
 100 g mais aus der dose
 100 g gewürzgurken
 50–100 g schinken
 15 g schnittlauch
 eine prise salz

1. Bringe ca. 2 Liter Wasser in einem großen Topf zum kochen. Gib dann die Prise Salz und die Nudeln dazu, rühre sie von Zeit zu Zeit um und lass sie für ca. 10 Minuten kochen.
2. Gieße das Wasser ab und lasse die Nudeln etwa 15 Minuten in einer großen Schüssel abkühlen. Schneide währenddessen die Gewürzgurken und das Schnittlauch in dünne Streifen, den Schinken in ungefähr 1x1 cm große Quadrate.
3. Vermische die Nudeln, das Schnittlauch, den Schinken und den Mais in der großen Schüssel, dann gib die Mayonnaise dazu und rühre sie sorgfältig unter.

Je nach Bedarf kannst du auch mehr Mayonnaise oder Zutaten dazugeben.

Victoria Barth

Meat balls

250 g mixed minced meat
1 white onion
2 slices of toast
1 egg
2 tsp salt
olive oil

1. Cut the onion into small squares and place in a bowl with the minced meat and the salt.
2. Take two slices of toast and hold them under running water until completely wet. Then wring them out, until no water comes out anymore and add them to a bowl. Mix all ingredients well with your hands, then heat a little bit oil in a frying pan.
3. Add one egg to the meat-onion-toast mixture and mix with your hands again until well combined.
4. Form small, flat patties, about 4 cm big and 1-2 cm high, then place them in the frying pan and cook until they are brown on each side.

Frikadellen

250 g gemischtes hackfleisch
1 weiße zwiebel
2 scheiben toast
1 ei
2 teelöffel salz
oliven öl

1. Schneide die Zwiebel in kleine Würfel und platziere sie mit dem Salz und dem Hackfleisch in einer Schüssel.
2. Nimm nun zwei Scheiben Toastbrot und halte sie kurz unter laufendes Wasser, bis sie nass sind. Dann wringe sie gut aus und gib sie zu den anderen Zutaten in die Schüssel. . Verknete alle Zutaten gut mit deinen Händen, währenddessen erhitze etwas Öl in einer Bratpfanne.
3. Gib zum Schluss ein Ei in Deine Hackfleisch-Zwiebel-Toast-Mixtur und verknete diese wieder gut mit den Händen.
4. Nun formst du kleine Bällchen mit deinen Händen, ungefähr 4 cm groß und 1-2 cm dick. Brate diese nun von jeder Seite in der Bratpfanne bis sie knusprig braun sind.



Our Tandem Experience:

Our Tandem experience has been great so far. While getting to know each other, we have learned and experienced each other's languages and cultures. For example, Vici was introduced to the Finnish ice hockey culture at a local ice hockey match. Together we also visited Kouvola's second hand shops, where Vici bought Finnish design to bring home as homecoming gifts. Before this tandem course ends, we are planning on visiting Lahti and Repovesi National Park.

Vici had taken a Finnish course in Germany before her exchange, but now she knows more words and expressions in Finnish, and has worked on her pronunciation skills (such as the Finnish „r“). Nina has also more courage to speak German and is more sure about the grammar and vocabulary.

During this Tandem course, Vici has especially enjoyed visiting the second hand shops, since vintage is so expensive in Germany. Nina has been excited about learning to speak German more fluently. To sum up, the best part of this course has been getting to know each other and the world the other one comes from. It was wonderful to experience this all with a Tandem partner who shares the same interests and enjoys doing the same things.

Nina Saari

Macaroni casserole

400 g minced meat
250 g macaroni
1 onion
butter
4 dl milk
3 eggs
ca 100 g grated cheese
salt
1 tsp black pepper

Recipe:

Boil the macaronis in salted water. Peel and chop the onion. Brown the onion in a pan with a bit of butter. Add the minced meat on the hot pan and brown until cooked through. Season the minced meat with black pepper. Pour the boiled macaronis and minced meat into a greased oven-tray. Mix the eggs and milk in a separate bowl. Pour the eggmilk into the oven-tray. Bake in the oven in 150 degrees for 40 minutes. Take the oven-tray out of the oven and add some grated cheese on top of it. Heat the oven to 225 degrees and bake for another 15 minutes, until the cheese has melted and has turned golden brown.

Makaronilaatikko

400 g jauhelihaa
250 g makaronia
1 sipuli
nokare voita
4 dl kevytmaitoa
3 kananmunaa
n. 100 g juustoraastetta
suolaa
1 tl mustapippuria

Ohje:

Laita makaronit kiehumaan suolalla maustettuun veteen. Kuori ja pilko sipuli. Ruskista sipulia pannulla nokareessa voita. Lisää jauheliha kuumalle pannulle ja ruskista kypsäksi. Mausta jauheliha mustapippurilla. Kaada keitetyt makaronit ja paistettu jauheliha voideltuun uunivuokaan. Sekoita kananmunat ja maito erillisessä astiassa. Kaada munamaito uunivuokaan. Paista uunissa 150 asteessa noin 40 minuuttia. Ota vuoka uunista ja lisää päälle juustoraastetta. Nosta uunin lämpötila 225 asteeseen ja anna paistua vielä noin 15 minuuttia, kunnes juusto on sulanut ja saanut pintaansa väriä.



I chose to make **MACARONI CASSEROLE**, because it is a very traditional Finnish dish that is eaten in almost all Finnish families. It's also cheap and easy to make. Until the 1950s it was considered as a dish that was eaten primarily during festivities. Originally, minced meat was not used, but nowadays the meat-macaroni casserole has become the most known version of the dish.



Chocolate Chip Pancakes with Maple Syrup

This is not the most Canadian dish, but it is definitely one of the most delicious ways to show off one of Canada's most famous foods, Maple Syrup.

These **PANCAKES** are fluffy, and if cooked just right, melt in your mouth deliciously. They are usually eaten as breakfast food, but that has never stopped me from eating them throughout the day.

Another thing that I love about pancakes is their versatility. I have had them with sugar, syrup, ice cream, whipped cream, bacon, jam, fresh fruit, and even chocolate syrup added on top and they have always been great.

Now this recipe has pieces of chocolate in it as an extra, but do not hesitate to put other things in them. Another classic is replacing some of the milk with smashed bananas and then throwing in some cinnamon into the batter. Or, perhaps adding blueberries and raspberries right into the batter instead of chocolate. The possibilities are endless.

Nicholas Leppanen

North American Pancakes

Ingredients

1 dl	sugar
5 dl	flour
2 tsp	baking powder
½ tsp	salt
2	eggs
5 dl	milk
½ dl	oil
50 g	chocolate chunks
2 tsp	cinnamon
	butter or oil for the pan

Recipe

Sift together the flour, baking powder, and salt in a medium sized bowl.

Mix the eggs, milk, and oil in another bowl.

Add the wet ingredients to the dry ingredients and stir until nearly smooth. Some small chunks are good. Then add the chocolate.

Put the pan on medium-high heat and add a little butter or oil. Butter burns more easily. so be careful.

Pour a spoonful (around 100–150 ml) of batter into the pan. Wait until the bubbles pop, then flip the pancake. Once golden brown on the other side, remove pancake and repeat.

Serve immediately with maple syrup, jam, sugar, or any other topping.

Juho Virtanen

Carrot Cake

Preparation time about one hour.

Carrot Cake

6	eggs
5 dl	sugar
1 dl	brown sugar
6 dl	all-purpose flour
4 tsp	baking powder
3 tsp	vanilla sugar
2 tbsp	cinnamon
9 dl	grated carrot
300 g	butter (or margarine)

Frosting

100 g	butter
200 g	cream cheese (plain)
3 dl	icing sugar

Porkkanakakku

Ainesosat

6	munaa
5 dl	sokeria
5 dl	vehnä jauhoja
4 tl	leivinjauhetta
1 dl	vanilliinisokeria
3 tl	vaniljasokeria
2 rkl	kanelia
300 g	porkkanaraastetta
300 g	sulatettua voita tai margariinia

Kuorrutus

250 g	maustamaton maitorahka
100 g	sulatettua voita
3 dl	tomusokeria

Whip together the eggs and sugar. Mix the dry ingredients separately.

Add the flour mixture, finely grated carrot and melted butter into the egg-sugar mixture. Stir until smooth.

Place baking paper on a baking tray and pour the batter on the tray.

Bake at 200 degrees for about 30 minutes. Let the cake cool.

Meanwhile prepare the frosting. Please note that the icing will be thin. If you want a thick icing or if you have a large tray, use 150 g butter, 300 g of cream cheese and ½ cup powdered sugar 4, for example.

Whip together room temperature butter and cream cheese. Add the icing sugar. Spread the frosting on the cooled cake.

Cut the cake as you wish and serve it with coffee or tea.

Vaahdota sokerit ja munat kulhossa

Sekoita kuivat ainesosat keskenään toisessa kulhossa

Lisää muna-sokeriseokseen vuorotellen sekä jauhoseosta ja sulatettua voita tai margariinia ja sekoita kunnes seos on tasainen

Lämmitä uuni 200 asteeseen ja kaada taikina uunivuoalle leivinpaperin päälle

Laita vuoka uuniin ja anna paistua 30 min tai kunnes kypsä

Anna jäähtyä kun otettu pois uunista

Sekoita keskenään rahka sokeri ja sulatettu voi kuorrutukseen.

Levitä kuorrute tasaisesti jäähtyneen kakun päälle ja anna kuorrutteen kiinteytyä.

Porkkanakakku on valmis syötäväksi.



This **CARROT CAKE** is the perfect sweet desert. Both as an everyday treat and for special occasions. Its fluffiness meets perfectly with its sweetness, when there is only a thin layer of icing on the top which brings flavour to the airy carrot.

You get the best taste out of it, eating it outside on a picnic on a warm spring day.

I chose this cake because, as much as I love it, I don't get to eat enough of it.



ARABIA
FINLAND

