

A Case Study on Cuisines and Culture of Finland

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Abstract: *Finland cuisine and culture is mostly inspired by European Countries and Russia. They have many tasty local delicacies and seasonal produce. Finnish cuisine is notable for generally combining traditional country fare and haute cuisine with contemporary continental style cooking. Fish and Meat play a prominent role in traditional Finnish dishes in some parts of the country, while the dishes elsewhere have traditionally included various vegetables and mushrooms. Evacuees from Karelia contributed to foods in other parts of Finland in the aftermath of the Continuation War. Finnish Cuisine mostly consists of Whole Meal products such as barely, oat, rye and berries such as bilberries, lingonberries, cloudberry and sea buckthorn. Dairy products such as Milk and Buttermilk are also commonly used in dishes. Turnips (a vegetable that grows underground) and its various types are also used in their traditional cooking*

Keywords: Finland, Kilju, Shrove

I. INTRODUCTION

The way of life and culture of Finns was mainly based on agriculture already at prehistoric times. However, in the harsh and cold environment, agriculture was neither a very effective nor secure way of life, so getting food from nature has often been an important secondary livelihood. When crops failed, it might have been the only way to survive. Also, while farms mainly produced plants like crops or turnips, and often families had only some farm animals to get milk products and meat, hunting and especially fishing were important ways to get more protein.

Large-scale meat production and therefore meat as a daily food started to emerge only at the beginning of 20th century, after periods of malnutrition in the 19th century caused by failed crops.

In former times, the country's harsh climate meant that fresh fruit and vegetables were largely unavailable for at least nine months of the year, leading to a heavy reliance on staple tubers (initially turnip, later potato), dark rye bread and fermented dairy products, occasionally enlivened with preserved fish and meat.

Traditionally, very few spices other than salt were available, and fresh herbs like dill and chives were limited to the summer months. Many Finnish traditional dishes are prepared by stewing them for a long time in an oven, which produces hearty but bland fare. Forests and lakes were historically a major source of food, and produce from forests currently accounts for the distinctive traits in Finnish cuisine.

The simplicity of traditional Finnish food has been turned into an advantage by shifting the emphasis to freshness. Modern Finnish restaurateurs now blend high-quality Finnish products with

continental cooking techniques. This approach helped Helsinki's Chez Dominique to receive two Michelin Stars in 2003. The restaurant closed in 2013.

Internationalization brought imported goods. As pasta, pizza, kebab, and hamburgers were integrated into Finnish menus, they displaced some traditional everyday dishes like kaalilaatikko (cabbage casserole), or herring fillets, which some consider inferior. As of the 20th century, when the majority of Finnish women entered the workforce, many traditional dishes that require long preparation time are reserved for holidays.

Even with modern agriculture and transportation, food remains expensive in Finland relative to other European countries. This is notwithstanding the effect of accession to the European Union in 1995.

The consequent elimination of trade barriers led prices of products like grains, meat, and milk to drop as much as 50%. Before that, heavy taxes and outright bans on imports that competed with local produce severely limited the availability of foreign or unseasonal food. Nowadays Finnish supermarkets and restaurants provide a variety of food from all over the world.

Finnish cuisine is very similar to Swedish Cuisine In fact, Swedish dishes like jansonsfrestelse (janssoninkiusaus), pyttipannu, and gravlax are common in Finland. The overarching difference is the Finns' preference for unsweetened foods. For example, while traditional Swedish rye bread includes plenty of syrup and spices, Finnish rye bread is unsweetened, even bitter.

Finnish cuisine also bears some resemblance to German and Russian cuisines. Sausages and buttered bread (like Butterbrot), and kiisseli and lihapiirakka (cf. pirozhki) are similar to their respective German and Russian counterparts. Finnish recipes, however, tend to favour fresh ingredients over canned or pickled foods as fresh vegetables, fish, and meat are available throughout the year.

BEVERAGES THAT ARE FAMOUS IN FINLAND:

Traditional alcoholic drinks found in Finland include Kilju which is made from water, yeast and sugar. Sahti is a popular Finnish beer, and Lakka, which is a liqueur that is flavored with cloudberries that have been soaked in alcohol for 2-6 months until sweet, is also common.

FOOD IN FINLAND

Finnish cuisine has been greatly influenced by recipes and food from Sweden as well as from Russia. Traditional meals tend to centre around potatoes, meat, fish, milk, butter and rye bread. The food of Finland is known for combining traditional styles with contemporary cooking.

Popular dishes include:

- Rapu: This dish is a favourite amongst the Finnish people and it consists of crayfish that had been boiled then flavoured with dill.
- Kalakukko: A very traditional meal that comes from the Savonian region, Kalakukko consists of fish that has been baked into a loaf of bread.
- Kaalikääryleet: This dish is cabbage rolls that can have various fillings and stuffings including lamb, beef or pork.

- Lihapullat: This dish consists of meatballs served with gravy.
- Berries: Berries are incredibly popular in Finland. Traditionally they were eaten fresh in the summer then preserved in jams or dried for the winter months. Favourite types include blueberries, lingonberries, cloudberry and sea buckthorn.
- Mustamakkara: This is blood sausage that is accompanied by lingonberry jam.
- Mykyrokka: This is a soup dish made with dumplings that are cooked right in the soup. The dumplings are filled with onions, meat, kidneys, liver and potatoes.



KARJALANPIIRAKKA / KARELIAN PIES SALMIAKKI KOSKENKORVA(SALMARI)

But there are some negatives also in Finland, Every year thousands of Russians cross the border and stock up their inventories of food from Finnish grocery stores. We here certainly do not share the notion that food is bad in Finland. We believe that food in Finland is top notch. Of all the categories, dairy, meat and fish are probably the most popular among Russians (but cloudberry jam is my favourite Finnish product).

Also, we like those generous breakfasts at Finnish hotels. Those breakfasts are not some lousy cake and coffee like it would be in the US, or the UK. Hotel breakfasts in Finland usually include a wide range of dishes - from omelettes to sausages, from pancakes to fish.

One may be disappointed with restaurants in Finland. If you compare it to the food in upper middle-class restaurants in St.-Petersburg, then it probably lags behind both in terms of quality and price.



RYE BREAD



KAINUUN RÖNTTÖNEN

CULTURE

These are some of Finland's festivals that they celebrate along the year. Most of the festivals are celebrated in summer as Finland is located in north surrounded with winter most of the time.

Loppiainen – Epiphany



On January 6th, Loppiainen, which translates to 'end of Christmas' is celebrated by attending special churches, wearing white, and lighting six candles at the altar. Instead of Jesus' baptism, Finns focus on the Wise Men's Visit, but has a theme that circles Jesus' revelation and missionary work.

Ystavanpaiva – Valentine's Day



Unlike the rest of the world, Finland celebrates friendship, rather than exclusively romantic relationships. Ystavanpaiva is a day celebrating friendship and close relationships. Though it is a relatively young holiday, as it was put into the calendars in 1996, it is still celebrated throughout the country.[1]Li, Leslie (16 April 1989).

Laskiainen

Also known as Shrove Sunday, this holiday is Finland's version of the Mardi Gras and is celebrated with traditional foods, drinks, and merry-making. Old Finnish traditions sledding downhill or around a pole, though ancient traditions linked this holiday to the celebration after women stopped altering linen and spun them into yarn

Paasiainen – Easter



It will not be uncommon to see little children dressed up as wizards and witches, roaming the streets in Finland during Easter. This fun little tradition stems from the old Finnish tales, which believed that witches were responsible for good crops and agriculture. During Palm Sunday, the children go up to houses and shout certain spells, blessing residents with good health in exchange for a small gift or token. The children expect Easter eggs, coins, or sweets.

II. SUMMARY

- Finnish Cuisine and Culture is mostly related to Swedish cuisine and Russian culture. The Finnish Culture and Cuisine are both greatly related to the neighbors.
- Finland is a Cold Country so people there usually prefer hot food or strong beverages, to keep their body warm.
- Finnish people prefer warm meat in food.
- Finnish people have traditional values and respect their culture and cuisine.
- Finnish culture is built upon the relatively ascetic environmental realities, traditional livelihoods, and heritage of egalitarianism.

There are cultural differences among various regions of Finland, especially minor differences in dialect. Minorities, some of which have a status recognized by the state, such as the Sami, Swedish-speaking Finns, Romani, Jews, and Tatars, maintain their cultural identities within Finland. Many Finns are emotionally connected to the countryside and nature as large-scale urbanization is a relatively recent phenomenon.

But their Traditional Finnish cuisine is a combination of European, Fennoscandian and Western Russian elements; table manners are European. The food is generally simple, fresh and healthy. Meat, berries, milk and ground vegetables are typical ingredients whereas spices are not common due to their historical unavailability. In years past, Finnish food often varied from region to region, most notably between the west and east. In coastal and lakeside villages, fish was a main feature of

cooking, whereas, in the eastern and also northern regions, vegetables and game were more common.

In Finnish Lapland, reindeer was also important. The prototypical breakfast is oatmeal or other continental-style foods such as bread. Lunch is usually a full warm meal, served by a canteen at workplaces.

Dinner is eaten at around 17.00 to 18.00 at home, and it is also common to have supper later in the evening.

Modern Finnish cuisine combines country fare and haute cuisine with contemporary continental cooking style. Today, spices are a prominent ingredient in many modern Finnish recipes, having been adopted from the east and west in recent decades.

III. CONCLUSION

This case study is based on Finland's cuisine and culture. Finns' cuisine is mostly related to Europe and Russia. Mostly people prefer warm food due to cold climate in Finland. People mostly eat traditional meals and prefer local food. Their Beverages are mostly Sima, Finlandia Vodka, Lakka or Cloudberry Liqueur, SalmiakkiKoskenkorva (Salmari), Glögi,

These beverages are very famous in Finland and these are all local or very common in Finnish Culture. Finland is increasingly becoming one of the most popular countries to visit in the Nordics and Europe alike. Not only does it boast beautiful landscapes and wildlife but it is also consecutively named as the happiest country in the world. Perhaps one reason why Finland earns this title is its food culture.[2]Maki, Aisling (27 March 2020).

With a cuisine full of heartwarming dishes, there is plenty of food to choose from in Finland. Like many European cuisines, Finnish food largely consists of the staple ingredients of potatoes, rice, bread, and meat. Due to the vast lakes and surrounding sea, there is also an abundance of fish with salmon being particularly popular amongst the Finns. Many traditional Finnish dishes can't be found outside of their home country.

Food in Finland largely surrounds the common ingredients of meat, fish, potatoes, bread, and vegetables. Many dishes are made of the simplest and most available ingredients. Rye flour is a common ingredient in most produce. In Finland, there is a great concern for sustainability as well as a great deal of land and greenery. A lot of ingredients such as vegetables and meat are therefore locally sourced.

In Finland, it is uncommon to enjoy something sweet for breakfast. Finns will most likely eat something quick and convenient like rye bread with toppings or a traditional Karelian pasty. Porridge is also a popular choice with toppings ranging from berries to cottage cheese. Finland is the biggest coffee-consuming country in the world and any breakfast dish will therefore be accompanied by a cup of the good stuff!

Finnish Culture and Finnish Cuisine are mostly based on their traditions from before ages. They are very particular about their food and the beverages. They enjoy most of their food and beverages locally.

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