

Bite Spoon

Finnish Salmon Soup (Lohikeitto) – Easy Recipe

15 min Prep time	**25 min** Cook time	**40 min** Total time
4 Servings	**Easy** Difficulty	**Finnish** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb fresh salmon fillet, cut into 1-inch cubes
- [ ] 2 medium potatoes, peeled and diced
- [ ] 2 carrots, sliced thin
- [ ] 1 small onion, finely chopped
- [ ] 2 tbsp butter
- [ ] 2 cups water or low-sodium fish broth
- [ ] 1 cup heavy cream
- [ ] 2 tbsp fresh dill, chopped
- [ ] 1 tbsp lemon juice
- [ ] Salt and freshly ground black pepper to taste

Instructions

1. In a large pot, melt butter over medium heat and add the onion; sauté until translucent, about 3-4 minutes.
2. Add carrots and potatoes, stir for a minute, then pour in water or broth; bring to a gentle simmer.
3. Cook the vegetables until just tender, roughly 10 minutes, then gently add the salmon cubes.
4. When the salmon turns opaque, stir in the heavy cream, lemon juice, and dill; season with salt and pepper.
5. Remove from heat, let sit briefly, then ladle into bowls and enjoy warm.

Nutrition per serving

380 kcal	28 g	22 g	22 g
Calories	Protein	Carbs	Fat

Tips & notes

- Do not let the soup boil after adding cream; a gentle simmer keeps it velvety.
- If the broth seems thin, let it reduce a couple of minutes before adding salmon.
- A dash of smoked paprika can add a subtle warmth without overpowering the dill.