



Kainun reseptii

TRADITIONAL RECIPES OF THE KVENS

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KAINUN INSTITUTTI  KVENSKE INSTITUTT

A scenic view of a coastal landscape. The foreground is dominated by dry, golden-brown grasses. In the middle ground, a dark, pebbly beach curves along the edge of a calm, blue sea. The background shows a vast, blue sky with scattered white clouds. The overall atmosphere is serene and natural.

*What are
the traditional dishes
of the Kvens?*

TRADITIONAL DISHES OF THE KVENS

- These recipes are traditional dishes among the Kvens in Børselv in the Northern Norway.
- Most of the inhabitants in Børselv are Kven.



'Pyssyjovent miehet suolithaan kalloi' – 'Men from Børselv gutting fish' by Samuli Paulaharju (1926)/ Museovirasto.

TRADITIONAL DISHES OF THE KVENNS

- The Kvens, Sami people and Norwegians have lived side by side for centuries.
- These ethnic groups have had continuous cultural contacts.
- They exchanged foodstuff (fish, dairy, reindeer meat etc.) with each other (barter-system).
- Many of the recipes and herbs are common for all these groups in the area.

A top-down view of a white ceramic plate with a dark brown rim, resting on a light-colored wooden surface. The plate contains two large, light-colored, irregularly shaped fish balls on the left side and several pieces of cooked fish bones on the right side. A pool of light-colored liquid, likely fish oil or stock, is visible at the bottom of the plate. Overlaid on the center of the plate is the text "Cod fish balls" in a large, red, cursive font with a white outline.

*Cod
fish balls*

COD ROEBALLS

0,5 kg cod roe

1 ts sugar

Salt

Pepper

1, 5 dl cream or milk

100 gr breadcrumbs with sugar

Wholemeal flour

Flour

Sheep suet (fat) or bacon

1. Wisk together the roe and sugar until well-combined.
2. Add the cream or milk.
3. Add a pinch of salt and pepper and the rest of the dry ingredients.
4. Add flour until the paste is smooth and thick.
5. Cut the sheep suet or bacon into pieces and add them to the paste.
6. Make rounded balls.
7. Cook the roeballs in the broth for about 20 minutes.
8. Serve the roeballs with cooked lamb meat, potatoes, butter and broth.

Enjoy the meal!

MÄTIKAKOT

0,5 killoa turskan mättiä

1 ruokalusikka sokkeriä

Suolaa

Pippuriä

1,5 desilitteriä päälismaittoa tai maittoa

100 grammaa sokkerikaurinkia

Fiiniä sekanisujauhoa

Nisujauhoa

Lamphaankuuta tai baconia

1. Vispaa mädin ja sokkerin vaahdoksi.
2. Sekoita sitte päälismaidon sinne.
3. Pane suolaa ja pippurii, maista sitte paljonko pittää olla. Lisää kaiken kuivan.
4. Pane niin paljon jauhoo ette tulle passelisti pehmeetaikina.
5. Leikkaa kuun pikku palasiksi, ja sekoita sen taikinhaan.
6. Laita ympyräissii kakkoi.
7. Keitä niitä lihaliemessä suunile 20 minuttii.
8. Serveeraa keitetyn lamphaanlihan kans, kuivan tahi vereksen. Lisäksi lihaliemee, perunoi tahi sulatettuu voita.

Hyvää ruokahalluu!

A still life arrangement of coffee and sugar on a pink placemat. In the center, a light blue cup with a gold rim is filled with coffee. To its right is a matching light blue sugar bowl with a silver spoon, containing white sugar cubes. Above the coffee cup is a glass bowl filled with white sugar cubes. In the foreground, a light green cup with a gold rim is filled with coffee and topped with several brown sugar cubes. To its left is an empty light green saucer. The entire scene is set on a pink, textured placemat against a background of a floral patterned tablecloth.

Coffee cheese

COFFEE CHEESE

4 l milk

1 l sour milk or butter milk



Video: <https://www.youtube.com/watch?v=E7trr87G4Ng&list=UUhLW1ebMfmHDBSU2ewcUo1A>

1. Heat the milk until it starts to move, but don't boil it.
2. Pour the sour milk until the cheese paste has accumulated.
3. Sift the cheese paste through a kitchen towel.
4. Put the cheese paste overnight under pressure.
5. Put the cheese somewhere to allow it to dry.
6. Find out yourself how dry you prefer it.
7. Cut the cheese into small pieces and put them into a warm cup of coffee,
8. Let the pieces of the cheese get warm and eat them with a teaspoon.

Delicious!

KAFFIJUUSTO

4 litterii maittoo

1 litteri piimää



KAFFIJUUSTO

4 litterii maittoo
1 litteri piimää

Lämmitä maidon siksi ko se alkaa hikumhaan, ei pidä kiehuut. Kaada piimän maittoon, siksi ko juustoainetta ei enää lähde maidosta. Siivitte juustoaheen pois liinakanhaan läpi. Pane juustoaheen painon alle yli yön. Pane sen sitte kuivahaan. Löydä itte kunka kuivaa juuston pittää olla.

Leikkaa juuston pikku palastiksi, ja pane ne lämpimhään kaffhiin. Maittoo jos tykkääät senki. Anna juuston sitte lämpäiit hyvin kaffissa, ja syö sen sitte teelusikalla. Se maistuu paremalla jos syöpi sokkeripalasen kans.



KAFFEOST

4 liter belmek
1 liter kulturmilk

Varm melken til det begynner å rores i gryta, ikke koke. Hell kulturmilka i, til ostemassen har samlet seg. Sil væsken gjennom et klode. Ha ostemassen under press, natten over. Sett det på et tørt sted å tørke. Finn ut hvor tørr du vil ha osten.

Sljør osten i små biter, og ha bitene i varm kaffe. La dem varmes godt, og spis den med teskje, gjerne med sukkerbiter og melk til.

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VERIKAKOT

1 litteri vettä
1,5 teelusikana suolaa
1 teelusikka peppurii
1 teelusikka nellikkää
1 teelusikka allehändää
150 grammaa sokkerikaurinkii
sisijauhaa
nisijauhaa
lamphaankesuta tabi baconii

Sekoita suolan, pippurii, nellikan, allehondan ja sokkerikaurinkin hyvin verheen. Pane niin paljon jauhoa, ette pysyy kovossa keittämisessä. Pane lamphaankautta tabi baconii verikakkoon. Laita ymmäisäsi laakoi taikinasta. Keitä kuivattuu tabi vvestä lamphaanlihhaa, ja syö verikakkoin kans. Keitä verikakko liemessä suurite 15 minuttii. Syö verikakot sulatetun voin tabi liemen kans.



BLODKLUBBER

1 liter blod
1,5 ts salt
1 ts pepper
1 ts nellik
1 ts allehändää
ca 150 gy sukkerkavring
sammlt bvetemel
siktet bvetemel
nyretalg eller bacon


Tilsett salt, pepper, nellik, allehände og sukkerkavringer i blodet, bland godt. Ha i så mye mel, at den ikke går i stykker. Ha nyretalgbiter, eller bacon oppi deigen. Lag runde kaker av deigen. Kok tørket eller fersk lammekjøtt til blodklubber. Kok blodklubbene i kraften, ca 15 min. Spis blodklubber med smeltet smør eller kokkraft til.

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Leaflet in Kven and Norwegian: <http://issuu.com/kvenskinstitutt/docs/kainunreseptii>

1. Lämmitä maidon siksi siksi ko se alkaa liikumhaan, ei pidä kiehuut.
2. Kaada piimän maithoon, siksi ko juustoainetta ei lähde.
3. Siivitte juustoainheen pois liinakankhaan läpi
4. Pane juustoainheen painon alle yön yli.
5. Pane se sitten kuivahaan.
6. Löydä itte kuinka kuivaa juuston pittää olla.
7. Leikkaa juuston pikku palasiksi, ja pane net lämpimhään kaffiin
8. Anna juuston lämppiit hyvin kaffissa, ja syö sen sitten teelusikalla.

Se maistuu!



*What are
the traditional
medicinal herbs
of the Kvens?*

MEDICINAL HERBS OF THE KVENS - HORSETAIL

- Horsetail was earlier used to cure tuberculosis.
- Today used mostly against an urinary tract infection and to strengthen weak nails and hair.



Horsetail (*Equisetum arvense*)/
Kjerringrokk/
Karvakortet

MEDICINAL HERBS OF THE KVENES - HORSETAIL

- The horsetail juice is good for your general health.
- The horsetail is considered as a weed. It grows everywhere and it is very difficult to get rid of it after you get it into your garden.
- We should utilize more this 'nightmare of the gardeners'.

HORSETAIL JUICE

1. Pick horsetail plants.
2. Cook them in water.
3. Sift through a sieve.
4. Pour the juice into a bottle.



PINE RESIN

- Pine resin has been used to cure eczema, wounds, infections and other kind of skin problems.
- Pine resin can be applied directly over the wound, infection or rash.
- You can also cook resin with a cream. This liniment has been used to cure bedsores.



Pine resin/
Furu kvae /
Pötäjän pihka

CONCLUSION

- The Kvens lived in close cultural contact with other ethnic groups for centuries.
- They exchanged foodstuff and had many similar dishes.
- There are several variations of the traditional recipes.

Kiitoksii paljon!

THANK YOU FOR YOUR ATTENTION!