



Gahkko (Sámi panbuns)

Double Recipe (60 small panbuns)

4 c warm water

Scant 1/2 c melted butter

4/5 c Lyle's Golden Syrup (no substitute)

Scant 2 T salt

1-2 t anise (optional)

2 T fast rising yeast

8 – 9 c flour

Stir above ingredients together adding only 2c flour. Add the yeast with the flour to prevent lumps. Beat until glossy.

Add remaining flour, beating extensively until elastic. Dough will still be very sticky.

Knead as you can, though sufficient beating will have already developed the gluten.

Make golf ball sized balls and flatten on greased parchment paper on cookie sheets.

Rise until double.

Prick 3 times with a fork either before or after rising.

Bake in oven 350°F until golden. Baking time depends on size of buns.

Or the buns may be baked on a griddle, turning once when bottom begins to brown.

Griddle baking over a campfire is the very best.

Serve when fresh with butter or cheese. They also go very well with soups.



Finnebøf, (Sautéed Reindeer), Generic Version

Sprinkle salt on the sliced meat then fry with onion and peppercorns and maybe mushrooms til nicely browned. Put in a lidded oven dish. Pour a bit of the cooking liquid into the original frying pan and rub it with a spatula to get all the meat juices, Pour the liquid over the meat, cover, and put in the oven at 200°C for an hour. Serve hot with lingonberry sauce (IKEA).

Finnebøf, Karen Sørensen's recipe

(*poronkärästys* in [Finnish](#), *renskav* in [Swedish](#), *finnbiff* in [Norwegian](#), *báistebiđus* in [Sámi](#))

butter

½ c onions

1 ½ lbs reindeer While partially frozen cut in 1 inch pieces, 1/8 inch thick

1 ½ c sliced mushrooms

3 slices geitøst (brown goat cheese)

½ c cream

½ c sour cream

salt/pepper

crushed juniper berries

Melt butter. Add onions and soften. Add reindeer and brown with heat moderate. Add mushrooms and cook a little, then add remaining ingredients. Cover and continue to cook on low, stirring occasionally. Uncover and reduce gravy or add more cream or sour cream to make more gravy. Serve with Lingonberry sauce.

Lingonberry sauce

Lingonberry jam from IKEA, warmed and with a little water added to thin the sauce if necessary.



Picture from Sámi Siida site, Finland

Swedish/Finnish Apple Cake

Prep Time: 5 mins

Total Time: 1 hrs 5 mins

Servings: 8

About This Recipe

From the person who put this on the web: "This is a super easy, super tasty. This is a wonderful dessert (or even breakfast) in the fall--though it is more like a cobbler than a cake (the more apples you use, the more cobbler-like)! It is both Swedish and Finnish. It really doesn't need extra leavening."

Ingredients

- 4 -6 cups sliced apples
 - 1 tablespoon lemon juice
 - 1 tablespoon sugar
 - 1 teaspoon ground cinnamon
- dough
- 3/4 cup melted butter
 - 1 cup sugar
 - 1 cup flour
 - 1 large egg
 - 1/2 cup walnuts or 1/2 cup pecans, chopped

Directions

1. Preheat oven to 350°F.
2. Mix apple slices with lemon juice.
3. Fill a greased 2-quart casserole (or 8 inch square Pyrex dish) with apple slices.
4. Sprinkle apples with 1 Tbs sugar and ground cinnamon.
5. Mix together melted butter, sugar, flour, egg, and nuts to form a doughy batter.
6. Scrape batter on top of apples and smooth out. It is really almost liquid and pours over pretty well.
7. Bake 45 minutes to 1 hour or until top is golden.
8. Let cool for 15 minutes in pan on rack. Serve with ice cream. Or serve at room temperature.

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