

Finnish Salmon Soup

Ingredients

1 lb Salmon Fillet (skin-on)
4 T Unsalted Butter
1 Leek (trimmed, sliced, rinsed)
5 c Water
1 lb Russet Potatoes (peeled and diced)
1 Carrot (sliced)
1 c Dill (finely chopped)
1 c Heavy Cream
1/4 t Allspice
2 t Salt
1/4 t Ground Black Pepper

Instructions

- 1.Remove the skin from the salmon and cut into large chunks. Remove any small pin bones and discard. Reserve the skin.
- 2.Melt the butter in a soup pot and saute the leeks for 10 minutes, or until nice and soft.
- 3.While the leeks are cooking, put 5 cups of water and the reserved fish skin in a saucepan and bring to a boil, turn down the heat and simmer gently for 10 minutes.
- 4.Strain the broth and add to the pan with the leeks, along with the potatoes, carrots, salt, pepper and 1/2 cup dill. Cook for another 10 minutes, or until the potatoes are just tender.
- 5.Add the salmon chunks to the soup along with the cream and allspice, and gently simmer on low heat until cooked through, just a few minutes. Add the

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remaining dill, and any additional salt and pepper to taste. Serve immediately.