



ARCTIC FLAVOURS AT KUUSAMO LAPLANDSUMMER



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Centre for Economic Development,
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KUUSAMO
LAPLAND

ARCTIC FLAVOURS AT KUUSAMO LAPLAND

Discover the fresh aromas of Finnish Lapland! The arctic climate of the north makes the produce of waters and forests grow intense in flavour. These flavours you will find on your plate, prepared and arranged in the style of true Scandinavian simplicity, which brings out the real character of each ingredient.

On this eight-day culinary break you will sit down to several gourmet meals prepared from the best lo-

cal ingredients in season. The programme takes you to spend a day cooking with Chef and Ceramist Jarmo Pitkänen, whose take on fine dining is a unique combination of the culinary and the artistic. The theme continues at Isokenkäisten Klubi, where you will discover the fun of cooking on open fire. You will also get to know the ways of local fishermen and see how the freshest of catch is brought to your plate.

SUPER FOOD FROM FINNISH LAPLAND

Today's North-Finnish and Lappish cuisine is founded on diverse, high-quality local foodstuffs. Our best delicacies are vendace, whitefish, pike and roe; wild rabbit and snow grouse; cheeses, wild mushrooms and herbs, and forest berries: something for everybody and all of them fresh and clean, grown far from the crowded traffic of the cities.

In Finland there is right of public access, which means that everyone is free to stroll into the near-by forest and pick berries or wild mushrooms as much as they like. This right applies to everybody, local or visitor, but for fishing and hunting a licence is needed. There's a wide variety of forest fruit to choose from: blueberries, raspberries, lingonberries, cranberries, and crowberries. The greatest delicacy of all is the yellow cloud-berry, referred to by the locals as "the marsh gold."

Sport fishing and professional fishing are both well-established in northern Finland. The great lakes and rivers of Kuusamo supply the community with vendace, whitefish and lake trout. These end up on the plates of gourmet restaurants as well as on the dinner tables of the locals. They are cooked fresh, or enjoyed

in the form of many different tinned, smoked or raw-pickled products. Locally manufactured meat products are cold smoked beef and reindeer, tinned venison and bear, reindeer kebab, and even wild boar. Other unique delicacies of this area are spruce-tip products such as syrup and vinegar, and jams and marmalades made of genuine berry nectar.

Seasonal change gives an edge to the Finnish national character. Near the Arctic Circle the summers are warm and winters are cold. People's spiritual landscape is dominated by the changing colours of the surrounding nature. In summer everything is green while autumn blazes in reds and oranges, and in winter the world is all white and frozen. Spring brings back the unending sunlight and starts a new cycle of vigorous growth in the fields and forests. Due to the short northern growing period, plants make use of the midnight sun and keep growing day and night. The cool climate makes their size small but enhances their flavour. The strong aromas concentrate in wildfowl and game.

DESTINATION AND AIRPORT

Airport: Kuusamo (KAO)

The Kuusamo area is a famous holiday destination in Finland. The area is specially known for its wonderful rugged wilderness, which can be explored and enjoyed at all times of the year. In the tranquillity of

untouched nature, the vast forests and extensive lake areas make a rich breeding ground of forest berries, wild mushrooms and many species of game and freshwater fish which the locals have always used as the basis of their diet.



ITINERARY

Four nights at Rukan Salonki Chalets, three nights at Isokenkäisten Klubi Wilderness Hotel

<p>Day One Welcome to Kuusamo Lapland</p> <p>Arrival at Kuusamo Airport, transfer by private car to Rukan Salonki Chalets. Accommodation in single rooms with private bathrooms.</p> <p>Dinner at your chalet with your host Chef Jarmo Pitkänen</p>	<p>Day Five Tundra Flavours and Forms</p> <p>Gourmet dinner at Studio Restaurant Tundra. Pure arctic flavours presented on especially designed Studio Tundra plates and platters.</p> <p>Optional: Hiking to Valtavaara or Pyhävaara</p> <p>Transfer to Isokenkäisten Klubi Wilderness Hotel. Accommodation in double/twin rooms with private bathrooms.</p>
<p>Day Two Flavours of the Wilderness</p> <p>Hands-on cooking course at Studio Restaurant Tundra. Delicious dinner from season's best, typically North-Finnish ingredients.</p>	<p>Day Six Leisure</p> <p>Optional: Hiking to Russian Border, Traditional Smoke Sauna, Russian Dinner</p>
<p>Day Three BBQ Cooking at Rukan Salonki, with Chef Jarmo Pitkänen</p> <p>Optio: Fresbee golf, Herb Sauna</p>	<p>Day Seven Fishing at Wilderness Lake + Kota Cooking</p>
<p>Day Four Leisure</p> <p>Optional: River Rafting, dinner: Gold-panner's Menu</p>	<p>Day Eight Time to Go Home</p> <p>Opportunity for shopping delicious gifts and souvenirs to take home.</p>



DAY ONE - WELCOME TO KUUSAMO LAPLAND

Arrival at Kuusamo Airport. Transfer by private car to Rukan Salonki Chalets, where accommodation in single rooms with private bathrooms.



RUKAN SALONKI CHALETS

Rukan Salonki Chalets offers you high quality accommodation in robust grey-log chalets located around a private lake. Ruka Holiday Resort with its many ski slopes and tracks is only two kilometres away. In addition to chalets, Rukan Salonki holiday village comprises a private log restaurant, many saunas and an outdoor hot tub, and barbecue huts (kota) for the use of the guests. The chalets and restaurant have broadband internet access.

In winter Rukan Salonki is decorated with many structures and sculptures made of ice and snow. Some of these are the beautifully decorated igloo restaurant and the amazing ice sauna.

Rukan Salonki Chalets 12 and 13

These two uniquely built and decorated grey-log chalets on the shore of Lake Salonki-järvi make a perfect setting for a luxurious stay. Both chalets have six bedrooms with private bathrooms, a fully equipped kitchen, a spacious lounge with a natural stone fireplace, and an electric sauna. In these chalets modern architectural design meets traditional Lappish building materials.



Rukan Salonki Chalets 11a and 11b

These semi-detached houses share a cosy BBQ hut which invites you to spend the evening with friends. Both houses have three bedrooms with private bathrooms and a fully equipped kitchen and lounge area with a fireplace.



Dinner at your chalet with your host Chef Jarmo Pitkänen



On your arrival at the chalet you will be met by your host, Chef and Ceramist Jarmo Pitkänen. You will sit down to a dinner table filled with northern delicacies and begin your introduction to the wild and wonderful Finnish aromas.

While you are enjoying the welcome dinner, Chef Pitkänen will present the following days' programme. Some minor adaptations are possible in order to accommodate the wishes of the guests, and the prevailing weather conditions.

Menu Arctic Flavours

Season's fish and game specialties, seven in all, with two sauces

Green salad and potato salad

Selection of freshly baked breads

The menu includes two glasses of wine.

CHEF JARMO PITKÄNEN - STUDIO RESTAURANT TUNDRA



Jarmo Pitkänen is a professional ceramic artist and chef de cuisine, as well as a dedicated world traveller. His Studio Restaurant Tundra is a private restaurant which offers you a taste of excellence in most unlikely surroundings. The building houses a ceramics studio and a restaurant for 30 people.

The culinary philosophy of Jarmo Pitkänen has been influenced by his many travels. Pitkänen has lived and worked, and most importantly, absorbed the atmosphere and local flavours in China, Australia, Hungary, and

Venezuela. Pitkänen has brought his impressions to his native Kuusamo and developed them into a restaurant where every little detail is carefully thought out.

Jarmo Pitkänen's northern origins are also displayed in his ceramics. The Scandinavian purity of line in his sculptures and the simple harmony of the flavours in his superb meals provide a visual feast for his customers. Pitkänen feels that ceramics and food have both always been an inseparable part of people's lives, and they are also strongly tied to place. The changing seasons of the north together with an uncompromising attitude to food is what keeps Pitkänen's thinking fresh. In wintertime the snow adds an almost magical feeling to the Tundra experience.

DAY TWO - FLAVOURS OF THE WILDERNESS

Hands-on cooking course at Studio Restaurant Tundra



Delicious dinner from season's best, typically North-Finnish ingredients prepared under the guidance of Chef Jarmo Pitkänen.

We will start our exploration into the northern cuisine with the day's ingredients. Chef Jarmo Pitkänen will lead us to an excursion to local shops and food manufacturers, or freshwater fish processors and meat producers. During the visits Chef Pitkänen will share



his thoughts on products which are used as ingredients in his own restaurant kitchen.

The afternoon will be spent in Studio Restaurant Tundra kitchen cooking and enjoying the delicious aromas of the north at the dinner table.

Transfer back to Rukan Salonki Chalets.

DAY THREE - BBQ COOKING AT RUKAN SALONKI, WITH CHEF JARMO PITKÄNEN



Take a journey into ancient times by roasting meat or fish on open flame at Rukan Salonki barbecue hut

Optional: Fresbee golf, Herb Sauna

'Kota.' While burning, different types of wood flavour the roasting food with aromas of different character. Throughout the ages hot smoke has been used to season game and fish and to preserve them for later use. In modern gastronomy, smoke produced by open flames is still cherished as a way of achieving interesting flavour to roasted meat, fish or vegetables.

Join Chef Pitkänen for barbecuing and learn about the importance of fire and smoking in Finnish cooking -from the days of the nomadic Sami people to the smoking kilns and bags used in Finnish homes today.

The programme includes two glasses of wine.

DAY FOUR – LEISURE

Optional: River Rafting dinner: Gold-panner's Menu

Gourmet dinner at Studio Restaurant Tundra



Gourmet dinner at Studio Restaurant Tundra, where pure arctic flavours are presented on Studio Tundra's elegant, timeless plates and platters. Tundra Ceramics pieces are designed specifically to heighten the dining experience and to make your dinner one of the most festive occasions of fine dining of your life.

Menu Tundra

The house menu is a unique combination of ceramic design and culinary art. The many delicious tastes of the Kuusamo seasons are served on plates especially designed and manufactured in Ceramics Studio Tundra.

The main course for this menu will be suggested by Chef Jarmo Pitkänen.

Tundra cocktail

*Scandinavian tapas
selection of season's fish, game, and wild mushrooms*

Chef's suggestion

Cheese

Chocolate sculpture

Coffee or tea

Optional: Hiking to Valtavaara or Pyhävaara

Transfer to Isokenkäisten Klubi.

ISOKENKÄISTEN KLUBI



Isokenkäisten Klubi is a family-owned rustic resort which concentrates on providing high quality accommodation and catering. The resort is located deep in the nature, only a few kilometres away from the Russian border zone. Isokenkäisten Klubi is hosted by sisters Sirpa Kämäräinen and Katja Vira, who use traditional recipes and fresh, local ingredients in their cooking.

Wilderness Hotel Kortteeri

Comfortable accommodation at Wilderness Hotel Kortteeri located right next to the main building of Isokenkäisten Klubi. The hotel has eight double rooms with ensuite shower and toilet in every room.



DAY SIX – LEISURE

Optional: Hiking to Russian border, traditional smoke sauna, Russian dinner

DAY SEVEN – FISHING AT THE WILDERNESS LAKE + KOTA COOKING

Clean water, silence, catch of your dreams... A great opportunity to get to know the traditional Finnish summer fishing methods, net fishing and angling.

Our professional fishing guide will help us to get the catch. After the trip we will clean the fish and enjoy the fresh and local delicacies which are made of our own catch.



Kota Cooking



Today you will experience some of the most traditional ways of Lapland cooking. At Isokenkäisten Klubi cooking takes place in the warmth of a Kota, a Lappish tee-pee-style hut which resembles the dwellings of the nomadic Sámi people. In the Kota there is an open fireplace at the centre of the room, and that is where all the cooking takes place.

We will begin the day by getting to know the recipes and ingredients, which mostly come from local producers. Each cook will be given their own assignments. Your hostesses will be present, helping you and giving useful hints throughout the day.

Together we will cure fresh fish fillets with salt and place them on wooden boards. Small fish are placed in

a hinged grid-iron. Then the cooking process can start: potatoes and vegetables will be boiled in saucepans, and the boarded fish are set to broil in the glow of the fire. The gridirons are placed over the fire.

For dessert we will make a Lappish delicacy of baked cheese called "leipäjuusto." This flame-roasted cheese is a delightful combination of sweet and salty flavours with a caramelized twist. It is usually served as dessert or in salads. As you are cooking, you will learn a lot about the local cuisine from the lovely ladies of the house, Sirpa and Katja. Enjoy the cooking experience with your fellow cooks in the cosy, warm atmosphere of the Kota hut.

DAY EIGHT – TIME TO GO HOME

Transfer to the airport.

THANK YOU FOR VISITING
KUUSAMO LAPLAND -
HAVE A SAFE JOURNEY HOME!



OPTIONAL PROGRAMS AT RUKAN SALONKI

Frisbee Golf

Basically, Frisbee golf is quite similar to golf. On a Frisbee golf course there are 9 "holes" which can be stones, poles, baskets, or holes. Our Frisbee golf course is in the Ruka area, at a place easily reached even by foot. We will provide you with Frisbees and an introduction into the secrets of the game. One game will last about 2 hours, depending on the number of players on the course.

F



Hiking to Valtavaara or Pyhävaara

This three-hour tour takes us through the taiga forest to the peak of the legendary fell of Valtavaara or Pyhävaara. Both fells are famous for their stunning views over the landscape and across Ruka Fell. On the trail your guide will tell you about the wonders of the arctic nature. We will also take a break at the heart of this natural wonderland and have a cup of coffee or tea and a fresh bun. Hiking is great fun for everyone, and an excellent way to explore the unpolluted nature.

F



Herb Sauna

Familiarize yourself with the Finnish sauna culture. Let your body be caressed by the gentle warmth of the smoke sauna, using wild herbs from the nature.

F



River Rafting

The famous River Kitkajoki will show you a time of your life in the wilderness! The whole group can take part in this event and enjoy the clean air and water. There are seven rapids on the route classified from I to III, which means that there will be many exciting but safe moments at the beautiful river. If we are lucky, we might even see fishermen hauling in a big catch! When we get to Juuma village, a car will transfer us back to Ruka.

F



Gold-panner's Menu at Restaurant Kultala

Asparagus soup

Glow-fried salmon

Sea buckthorn panna cotta

F



OPTIONAL PROGRAMS AT ISOKENKÄISTEN KLUBI

Hiking to Russian Border

This is a wonderful hike up to the top of Kuntivaara hill. The place is famous for its magnificent view over the landscape, reaching all the way to Russia. First we will visit the Russian border zone, and then continue up the trail through marshland and old-growth forest to the peak. On the hike your guide will tell you many interesting facts about the surrounding nature, wildlife, and local culture.

At the peak we can have a snack and make coffee on the campfire.

Duration 3 h.



Seven Star Traditional Smoke Sauna

The smoke sauna of Isokenkäisten Klubi is the pride and joy of the Kämäräinen family. Bathing in a smoke sauna is a unique experience, complete with peat moss treatment and a dip in the lake water, in summer from the pier, in winter through a hole in the ice. All this leaves a wonderful, relaxed feeling to the entire body.

The gentle warmth and scent of our Seven Star Smoke Sauna leaves you with a great feeling and an ever-lasting memory.

Price €50 per person, minimum group size 4 people. The price includes towels, bath whisks, soap, shampoo and conditioner.



Russian Dinner

Tonight's dinner is a true feast! Dinner in the Russian style is plentiful, long and enjoyed with vodka! The zakuskas play a leading role in the menu. This is exactly how the Russian Feast is served at Restaurant Klubi. Sirpa and Katja will tell you about life and food traditions by the border zone. Alongside the delicious food you will experience an authentic Russian-inspired atmosphere and enjoy a few sips of vodka.

Russian Feast of four courses, starting with a glass of sparkling wine

Zakuska plate: wonderful mouth-watering appetizers made from fish, meat, vegetables

Borsch soup: red beetroot soup, so tender and full of colour

Stroganoff à la maison: a generous beef dish

Charlotte Russe: a sweet ending to a great meal

