

# LOCAL FOOD FROM INARI AREA

## Inari Menu 3

### REINDEER TONGUE TOAST

Reindeer calf's liver and mushroom jus, pickled lingonberries  
Recommended wine: La Chiane Montepulciano

### GRILLED LAKE INARI WHITEFISH

Dill hollandaise, parsnip purée and lemon and carrot air  
Recommended wine Kalfu Molu Chardonnay

### FOREST

Bark cake crumble, berries, spruce needle granite and  
cep ice cream  
Recommended wine: Ainoa Sametti Bilberry

Price: 45,50  
Wine package: 18,50

## Inari Menu 5

### LAKE INARI SLIGHTLY SALTED WHITEFISH AND RED TROUT RILLETTE

Whitefish roe, cucumber caviar, fennel emulsion  
and marinated vegetables  
Recommended wine: Whistling Track Sauvignon Blanc

### KAMTCHATKA CRAB in butter emulsion

Smoke, apple and fennel salad  
Recommended wine: Mülheimer Sonnenlay Riesling

### REINDEER AND ITS PASTURE

Roasted reindeer smoked with pine needles, reindeer blood  
dumplings, lichen seasoned with bilberry and Lappish  
potato purée  
Recommended wine: Hewitson Le Secateur

### BILBERRY, ANGELICA AND LINGONBERRY

### BILBERRY CAKE

Pine bark custard and mint  
Recommended wine: Ainoa Sametti Bilberry

Price: 62,00  
Wine package: 25,00

### LAKE INARI FISH, *kyeli*

Fishing has always been the main economy of local Inarisami. The red trout that breeds in Juutua River, has always been the best catch. Whitefish must be the best in Finland. It is a cornerstone of local life. Even in the Inarisami language the name for whitefish is simply *kyeli*, meaning also 'fish' in general. Fish that we serve in the restaurant comes directly from local Sami fishermen.

### REINDEER MEAT, *poccuupiärgu*

Our reindeer meat comes from a family, who have been herding their reindeer in the nearby mountains for generations. Their farm is located 14 km from Inari. As is common nowadays, they cut and process the meat in their own farm.

### BERRIES AND MUSHROOMS,

*myerjih já kuobbáreh*

In our area, the most valuable berries are bilberry, cloudberry and lingonberry. Also crowberry is used for making lovely juice. Berry products are also made locally. We use for example interesting chutney made locally of lingonberries. Also mushrooms are picked nowadays. In the past local people used to leave mushrooms for reindeer. After a good mushroom year, reindeer are in top condition. The Skoltsami however have a tradition of cooking with mushrooms – for example dried mushrooms can be added to the traditional sautéed reindeer.

### LAPPISH POTATO, *puikula*

is a protected trademark similar to Parma ham. The fine aroma of this potato comes from the special arctic growth conditions and our endless summer light.

ANGELICA, *puurrámráäsi*

is a traditional Sami herbal plant that was used for preventing illnesses. Now it is produced locally into jam, juice and syrup and we use it for a nice herbal vodka schnapps.

SWEETGRASS, *hajásyeini*

grows also along River Juutua and was traditionally used by Sami women and put inside their chest of valuables to give a nice scent on their silk scarfs. Sweetgrass can be used in cooking like vanilla pods.

### LOCAL FOOD HISTORY

People in Inari have been pretty self sufficient and the diet has varied along the changing seasons. The old hotel would also serve mainly fish in the summer time and reindeer meat in the winter, before the time of freezers. Drying and salting fish and meat gave a change to the diet all through the year. Berries were an important addition to the diet – a cloudberry for example contains almost as much vitamin C as an orange! Before the roads were built, Inari people used to trade in Varangerfjord, Norway, and the journey was done by reindeer convoys. People used to bring back flour, sugar, coffee and other exotic products.

### OUR FOOD PHILOSOPHY

We always aim to use local ingredients when possible, bought directly from local producers. This gives us fresh top quality products and helps us protect the environment by avoiding unnecessary transportation. We respect the clean northern flavours in our cooking.