Ingredients

- 1 lb (450 g) salmon fillet, skin removed, cut into 1-inch chunks
- 1 large leek, sliced (white and light green parts)
- 4 medium Yukon Gold potatoes, peeled and diced
- 2 carrots, diced
- 5 cups fish stock or chicken stock
- 1 cup heavy cream
- 2 tbsp butter
- 1 bay leaf
- 1 tsp salt (or to taste)
- ½ tsp white pepper or black pepper
- ½ cup fresh dill, chopped
- Optional: a few allspice berries (traditional in some Finnish homes)

Directions

1. Melt the butter in a soup pot and gently sauté the leek for 3–4 minutes.
2. Add stock, potatoes, carrots, bay leaf, and optional allspice.
3. Simmer 15–20 minutes until the potatoes are almost tender.
4. Add the salmon chunks and cook gently for about 4–5 minutes. Avoid boiling hard or the salmon will toughen.
5. Stir in the cream and warm through.
6. Remove from heat and stir in most of the dill.
7. Taste and adjust salt and pepper.
8. Let the soup rest for 10 minutes before serving.

Best Option

Use:

- 4 cups chicken stock (low sodium)
- 1 cup water

Then let the salmon itself provide most of the seafood flavor.

Even Better

If you buy a whole salmon fillet with skin:

1. Remove the skin.
2. Simmer the skin (and any trimmings) in 5 cups of water with:
    - ½ onion
    - 1 carrot
    - a few peppercorns
3. Simmer gently for 20–30 minutes.
4. Strain.

That homemade broth is very close to what many Finnish cooks use.

For a Rich, Creamy Finnish Restaurant Version

Increase the dairy a bit:

- 1 lb salmon
- 4 cups stock
- 1 cup heavy cream
- 2 tbsp butter while cooking
- 1 extra tbsp butter stirred in at the end
- Lots of fresh dill