

Versatility in Hospitality Industry around the Globe A Case Study on Cuisines and Culture of Finland

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Abstract: *Finland cuisine and culture is mostly inspired by European Countries and Russia. They have many tasty local delicacies and seasonal produce. Finnish cuisine is notable for generally combining traditional country fare and haute cuisine with contemporary continental style cooking. Fish and Meat play a prominent role in traditional Finnish dishes in some parts of the country, while the dishes elsewhere have traditionally included various vegetables and mushrooms. Evacuees from karelia contributed to foods in other parts of Finland in the aftermath of the Continuation War. Finnish Cuisine mostly consists of Whole Meal products such as barely, out, rye and berries such as bilberries, lingonberries, cloudberry and sea buckthorn. Dairy products such as Milk and Buttermilk are also commonly used in dishes. Turnips (a vegetable that grows underground) and its various types are also used in their traditional cooking.*

Keywords: Finland, Kilju, Shrove.

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