Dear Members!

What a treat to meet you all in June in Oulu, Finland – all these wonderful reunions, so many I love to reconnect with and to listen to and to hear about your clubs. It was also very exciting to meet many new members and to hear, what you think about the Lyceum club, how club life is and what programs you have. We all had beautiful Cultural Days far up in Northern Finland and very much enjoyed the Northern Light – around the clock.

We also had our annual board meeting – the BCI-meeting – with the possibility for our all 16 Federations to have one representative present together with the secretariat, the two vice-Presidents, the Treasurer, the Secretary and the President as well as the co-opted members - the Bulletin Editor, the Archivist and the Web-master. This year only 9 countries were present – sadly, as the BCI is the forum for every club to be heard and being able to suggest improvements. The minutes from the BCI will be presented on the website for all clubs to read. I will here take the opportunity to tell you about some decisions we made:

At the BCI in Troyes in 2017 it was decided that the Federation Presidents should send their club’s programs to the President and the Vice-Presidents. We would like to know you more and also be updated on how the Clubs are working – we all want to get and spread new ideas! It would be very good to know, how you are managing with the translation? Do you have translators in the clubs (for our three languages, English, French and German)?

It would also be interesting to know how you spread the word to your members, when a new issue of the International Bulletin is published on the website – and how to distribute it to members that are not in cyber space.
Another important item at the BCI was new clubs: we decided on membership on probation for 12 months for a Club in Rabat, Morocco that had applied for affiliation. We also voted positively for a new club in Russia, in Rzhev some 200 km west of Moscow. Sadly the club in Moscow has shown no interest for another club in Russia. The meeting also wondered, why we never see any members from the Vienna club. Do they really want to be affiliated to the IALC?

Our two Vice-Presidents have shown a great interest in the renewing our statutes. They will become voted for and ratified by YOU all at the Congress next year in Stockholm, Sweden. My home Club, the Stockholm Lyceum Club, is now working very hard to be able to show and let you have the best of Sweden and Stockholm. Very welcome to Stockholm in May 2019!

Ingrid von Rosen
International President

INTERNATIONAL CONGRESS 2019

The 34th international congress will take place in Stockholm May 17–18–19. It will be preceded by a trip to the Dalarna province from May 13 to May 15. After the congress another trip is arranged to the Gotland Island from May 20 to May 23.

You will find the programme in detail on the international website lyceumclubs.org
Registration will start on November 5th.

TWO FEDERATIONS HAVE ELECTED A NEW PRESIDENT:

Dorette Shuppert took over after Marianne Ziegler as the Federation President of Germany. She was born in 1946 and after final secondary school examinations studies of the French language, marriage in 1970, two sons (1974 and -79), in 1999 education as family therapist, 5 years of work for the Deutsche Kinderschutzbund in Rosenheim she moved from Augsburg to Berlin in 2009. Since 2010 a member of the International Lyceum Club of Berlin, in 2015 in the organisation of the Cultural Days in Berlin and in 2018 elected national president for the lyceum clubs of Germany.

Dr Marilyn Mackinder took over after June Welten as the President of the New Zealand federation. It is also our sad duty to tell you of the recent sudden death of a Former NZ Fed President, Kaye Graham, who you no doubt met in the past as she often went to the Cultural days if not the BCI meetings.
The Australian Association of Lyceum Clubs Triennial Conference 2018
“Sydney, Science and the Stars”

On 19 August The Australian Association of Lyceum Clubs opened the 2018 Triennial Conference with a cocktail party. Entertainment was provided by the Lyceum Club Melbourne Choir. 87 members and guests enjoyed meeting old friends and making new ones while enjoying canapés, drinks and lovely music.

The former Chief Scientist for NSW, Prof Mary O’Kane (she is now Chair of the Independent Planning Commission of NSW) opened the Conference followed by amazing speakers who are at the forefront of their fields. Keynote Speaker, Professor Ian Hickie, Co-Director, Brain and Mind Institute, spoke about brain health and its educational development and how the older brain needs to be used and challenged.

Professor Rose Amal explained how hydrogen can be converted to electricity with solar power and carbon dioxide can be recycled as energy.

Then we heard from our Mars expert that there are rocks like those on Mars, on Earth! Prof Graziella Caprarelli has made a study of the craters on Mars. Her recent research focuses on the use of ground penetrating radar to explore the subsurface geology of Mars.

From Dr Andrei Lozzi we heard of motorsports at the University of Sydney. Students from many faculties join together to design, manufacture, fund, promote and build a car which is fuel efficient, safe, comfortable and fast. Mathematical, analytical, inventive skills are needed and develop as they work together. They have to completely design and build and drive a new car every year if they are to compete in Motorsports.

Auntie Fran Bodkin, a D’harawal aboriginal woman with degrees in climatology, geomorphology, and environmental science who is also a published botanist, came to talk to us. She says “to live tomorrow we must first know yesterday”. She is working to have Aboriginal knowledge recognised as a science. Two of the most important elements of any of our sciences are observation and actual experience. Aboriginal observations and experiences have been put into stories and some of these are 80,000 years old.

The second morning began with the Choir from Lyceum Club Melbourne followed by the speakers’ lectures. Dr Carmel Harrington spoke on the importance of sleep for health and wellbeing. Lack of it increases the risk of obesity, diabetes and heart attack and diminishes our memory by forty.

Then we heard from a forensic archaeologist, Dr Estelle Lazer. She can tell a great deal about the way of life in ancient times, illness and diet from DNA and bones.

Our last speaker, Associate Professor Tara Murphy told us about a neutron star merger that took place 130 million light years away. 100 telescopes worldwide watched this in August 2018. Our world is such an amazing place and there are so many discoveries being made.

Home hospitality was a conference highlight with 10 hostesses holding dinner parties. The Gala Dinner was very well attended – with 107 people gathered at the NSW Parliament House, Sydney for pre-dinner drinks and a lovely dinner. Emeritus Professor Mary O’Kane returned to dine with us and intrigued us with her talk on “Wicked Problems” which are highly complex and appear unsolvable and the role of the Chief Scientist of NSW.
There were also visits to the Sydney Observatory (Astronomy), The Garvan Institute of Medical Research and the Victor Chang Cardiac Research Institute (Prevention, Treatment and Cure of Cardiovascular Disease). Regardless of the scientific experience of individual members, the conference proved to be most enjoyable, quite challenging and inspiring. Comments heard included “how different”, “remarkable”, and “exceeded all expectations”, “an excellent conference!”

With very best wishes from Hilary Cairns in Sydney.
Claire Angelides and her love for the Famagusta Lyceum.

Claire was born in Nisou, but from 3.5 years old lived in Famagusta and for this reason she feels she is a “Famagustian”.

Studied at elementary school and graduated from the College of Higher Education, the Famagusta Gymnasium, from her youth Claire was registered at the establishment in 1931 Famagusta Lyceum by the President Maria Andreou. A young teacher with vision, she joined the first ladies’ club in Famagusta, which was a school of music; a ‘beehive’ of education and culture for the women of Famagusta and for the students of the school of music.

The founding President soon recognised the virtues of her student Claire, put her under protection and offered her a scholarship for her studies in Literature. Upon her graduation, Claire was elected Secretary of the Famagusta Lyceum.

She had the privilege to work next to the progressive and active President Maria Ioannou. She gained experience and matured next to this extraordinary, charismatic and progressive woman of Famagusta. Her ideas and vision remain until this day; the establishment of the Children Summer Resort is one example. Claire is the true example of her benefactor.

She graduated from the Athens University as a teacher of Higher Education, became a school mistress, poet, writer and politician. She was elected PM and finally Minister of Education and Culture. She started various clubs and was awarded and honoured on many occasions.

Because of her hard work and efforts, Claire has proved to be a worthy student of her benefactor Maria Ioannou, the founding President of the Lyceum. At the farewell ceremony in memory of Maria Ioannou in February 1970 these were Claire’s exact words:

‘At this moment I express my sincere thanks and appreciation, I recall your simple words: “I will help you with your studies”. And there was so much love in your words. Only love. I owe you everything. For as long as I live I will be grateful to you.

‘I made a promise, a sacred promise, that the work that you started, the work you dreamed, the steady goal of your life, the work that you have achieved with so much effort, we will not let it be lost.’

This is a promise that Claire made and has kept until this day. She worked hard for the Famagusta Lyceum and the results remain excellent.

After the Turkish invasion in 1974, the Famagusta Lyceum members scattered in different areas of Cyprus and abroad. Claire with some members who settled in Limassol managed to get together and got in touch with other Lyceum members and the Lyceum in Limassol became in operation once again. Following that, the Lyceum Branches in Nicosia, Larnaca and Paralimni were established and the Lyceum became a Federation.

The Federation became a member of the IALC and hosted the International Congress in Limassol in 2010. Until this day we are happy to recall the expressed good words on the organization of the Cyprus Congress. The Federation became a member of the GFWC, one of the biggest women’s organizations in the States.

We were fortunate and delighted that the first Registration Book 1931 of the Founding President Maria Ioannou came into the possession of Claire. This invaluable treasure of the Lyceum was processed for maintenance and copies were issued.
The greatest achievement of our Lyceum was the placement in the Archives of IALC in Zurich and in the library of the General Federation of Women’s Clubs (GFWC) in Washington DC where a Lyceum member is a member. This Lyceum treasure has been placed in the archives of Women’s History and Resource Centre (WHRC) where historical achievements of women from all over the world are kept.

Under Claire’s chairmanship, the Lyceum Federation operates well, as well as the Children Summer Resort, for which she has also offered personal financial assistance from the sale of her books. Due to her long experience as a teacher, she has the charisma to recognise the abilities of the members of the Board and she distributes duties in such a way that each one performs in the best possible way. Claire has proved to be a worthy successor of the Founding President of the Lyceum: the unforgettable Maria Ioannou.

We are proud to serve this remarkable Federation of Famagusta Lyceum, which is recognised internationally, and of which our Claire is the President.

The Board of Directors and the Federation in general felt the need to honour Claire for her great love and her full-hearted offer to the Famagusta Lyceum.

Valentine Thomaides
Vice-President
Federation of Famagusta Lyceum

**France**

**A neverending day, right under the sun**

At daybreak, on **Monday 25th June**, 40 French sisters and their escort rushed towards Terminal 2F Gate 53 where they were to board to Helsinki. All were very excited to discover Tallin and Northern Finland for the International cultural days.

Hardly had they landed and got their luggage when they boarded the ferry in Helsinki to sail across the Baltic Sea towards Estonia. The two hour cruise under the sun was more than enjoyable to everyone and the delicious buffet was much appreciated.

Very soon Tallin harbour could be seen in the distance, with its XIIIth century walls, the old Kiek in Kok Tower and the river Pirita that runs across the city.

Its former name was Reval and it was first heard of in the IIInd century B.C, and in the Middle Ages it was already an important trading city that controlled salt trade.

While it belonged to the Hanseatic League it welcomed a massive flow of German immigrants before being governed by Sweden.

Stepping off the boat, the group went to visit All-Inn, the lower city with its massive gothic Town Hall and the picturesque streets with their medieval houses and Saint Olaf 47-metre high bell tower which is a day mark for the ships.

**Tuesday 26**, Tompea and its pink castle with its Pikk Hermann tower that no army ever managed to invade. The huge Parliament Palace is a testimony of the power of the city and its importance among the Hanseatic league, Reval/Tallinn was a major trading place.

We were all very impressed by the architecture of the monuments that had been influenced by the neighbouring countries, be they baroque or from Moscow like Alexander Nevski Cathedral. Tallinn where Protestants, Catholics, Othodox Catholics have always lived together, is a real example of ecumenism.
Another two-hour trip on the boat and we were back to Helsinki where we visited The Ateneum, the picture in front of the monument in Sibelius and a late evening which showed us what the endless days we would experience the following days would be like.

**Wednesday 27**

Here we are in Oulu where our Finnish friends, all wearing hats with flowers, welcome the members from both hemispheres making sure everybody has the right accommodation.

Our hotel stands by the Oulu river, and in the morning, yes there is a morning in Oulu !, we enjoyed walking through the park, along the river, walking across picturesque wooden bridges.

In the bright evening we all met in the City Hall, time for hugs and laughers, the Major of the city gave us a warm welcome and insisted on the values the Lyceum has put forward for over a century.

**Thursday 28**

Alas it is raining ! With umbrellas, ponchos and hats we all gather near the coaches that will take us to various sightseeing sites.

**1. Hailuoto island**

In summer you get there by ferry whereas in winter you can drive on the ice to reach the mainland.

You can live on the island as there is a school, a hospital, but there are only two fishing boats left, so most people work on the mainland.

We visited the workshop of Anni Rapionoja, an artist and biologist. She makes quirky objects out of things she collects in nature such as leaves, driftwood, lichen which have a second life, thanks to her through sculptures, shoes, bags and various clothes.

A brewery run by a young Frenchman showed us that a local beer is produced with very natural water and deserves being called organic beer..

The traditional salmon soup was a treat as we were very cold. Then we left the island and the Bon Secours lighthouse.

The fishermen village was very picturesque.

**2. Oulu**

In the cathedral we met the woman vicar, she gave us a thorough tour of the monument, we were very impressed by the modern stain glass windows lit by the ubiquitous sunlight .

In the Pikissari island we had the traditional salmon soup in a typical log restaurant.

We ended up by a visit of the harbour whose colourful boats cheered the rainy atmosphere.

**3. The wooden churches**

These traditional wooden churches were inspired by Sweden and Russia and are very colourful and magnificent.

In some instances the church tower stands by the church as it is used as a lighthouse.

These churches are surrounded by a cemetery where only soldiers died for their country are buried.
4 By the riverside

Oulu River runs along 107 kilometers and the riverbanks were inhabited 8000 years ago. We walked across the white birch forest to Turkansaari.

In the XIII century, the Baltic Sea was ruled by the Germans which brought salt to the northern populations whose main resources were salmon and resin. The river was the only way to trade and Turkansaari became in the XVth century the main trading city.

Then we visited the outdoor Museum where the life of the Finns through the ages is very well explained, especially the manufacturing of tar out of resin that used to be the main resource of this part of Finland.

In an XVIIth century Inn the ceilings are covered with dried loaves of bread on which young married couples have engraved their names, as the nearby yellow church is much praised for weddings.

Sailing back to Muhos on the river that witnessed the evolution of the resources of the country, from tar to wood, from wood to paper, then power plants and electronics. The ability of the population to adapt to the historic context as well as the economic situation, remaining environmentally friendly, is very impressive.

It is time to visit the Leppiniemi Powerplant built by Aarne Ervi, a famous architect. It was the first such power plant in Finland. Considering the time it took to build, a whole city life got organised around it and today the houses are overpriced.

The Leppiniemi House was built by Aarne Ervi and decorated by Alvar Aalto. It is today used to welcome foreign heads of states, and we were lucky to share a very friendly brunch there.

On our way back we visited the workshop of the very talented Terttu Jurvakainen who seems to throw very colourful flowers on canvases, it is as if nature became paintings.

In the evening we all gathered for the gala dinner by the sea. In a very friendly atmosphere our Finnish friends welcomed us and the various languages that could be heard showed that the best way to make oneself understood and communicate remains the strong friendship that brings everybody together.

Then it was time to go back to our hotel in the midnight light.

We, indeed, reached the everlasting light.

To our Finnish friends and to all our friends who shared this wonderful and unrivalled time:

Kietos!
Hamburg

The most important event of the past six months was certainly the election of the new managing directorate during the federation meeting in Hamburg.

The new president and vice president are Dorette Schuppert, of the ILC Berlin and Erika Partsch, the president of the ILC in Frankfort/Main, respectively. The post of treasurer will be filled by Martina Rades of the ILC Cologne.

The Lyceum Club of Hamburg had prepared the meeting with much love of detail, beginning with a champagne reception as a welcoming event. This was followed by dinner in an Italian restaurant around the corner. Both of these welcoming activities provided the opportunity for conversations between old and new members.

Mrs. Marianne Ziegler led the meeting itself on Saturday with aplomb as always, although a heated discussion concerning the new statutes arose at the beginning. These were, however, adopted during the course of the meeting.

After the election of the managing directorate, Mrs Ziegler received heartfelt thanks for her six years of worthy and powerful service on the management board. Gundula Joas was also thanked for her service during the past three years.

Upon the official close of the meeting, the new president encouraged an exchange of ideas after the noonday snack. The federation meeting of 2018 ended with a traditional celebratory dinner.

The ILC Berlin undertook a journey to Vienna in May, while the management of the ILC Cologne organised an excursion through Finland on the occasion of the cultural festivities in Oulu, in which the Lyceum Clubs were able to participate. Our warmest thanks for this!

The news from Konstanz, however, is less pleasant. An extraordinary general meeting was held in July. The purpose of this event was to vote upon the closing of the International Lyceum Club of Konstanz. The reason for this decision was the high average age in the club. Due to this factor, no member was inclined to run for the offices of president and vice president. The federation board of directors regrets this keenly!
**Florence**

“The dream of reproduced music”: one of the most amazing events in the 2017 program was an exhibition of old and mechanical music instruments, organised in connection with the Centenary of the Invention of the Phonograph by Thomas Alva Edison. As a matter of fact, the phonograph was invented in the United States by Thomas Edison in 1877. The exhibition was held in the premises of the International Lyceum Club in Florence, curated by Klaus Froboese, opera manager and director and introduced by a speech by Enrico Buonincontro, the owner of this wonderful collection. The invention of the phonograph enabled people to record and reproduce sound for the first time—any kind of sound, whether human speech, the voice of a cornet, or the barking of a dog. Edison had foreseen that “The phonograph will undoubtedly be liberally devoted to music” and he was right. It was a revolution: as streaming music services today are reshaping our relationship with music, Edison’s invention redefined the entire industry! Until that time, music was most often highly social, with a family gathering together around a piano, or a group of people hearing a band in a bar. But now people could immerse themselves in isolation. On the other hand, the number of music teachers and performers increased. Enrico Buonincontro explained also the functioning of these instruments and the numerous visitors of the exhibition could have the unique opportunity of appreciating many different sounds and melodies. The skilful directing of Klaus Froboese represented an exceptional added value, which transformed the exhibition in an extraordinary event.
Groningen

The D.F. Wouda Steam Pumping Station in the Netherlands.

On the 15th of May more than 35 members of the Groningen Lyceum club visited the famous Wouda Steam Pumping Station, the largest steam-powered pumping station in the world.

The station is located in Tacozijl near the town of Lemmer in Friesland, a province in the north of the Netherlands. It was built to prevent flooding of the low-lying areas of Friesland and was opened by Queen Wilhelmina in 1920.

Until 1955 the boilers were coal-fired, but in 1967 they converted to heavy fuel oil. The pumping capacity is 4000 m³ per minute. The pumping station is still used when water levels in Friesland are exceptionally high.

Since 1998 the station has been listed as a UNESCO WORLD HERITAGE SITE.

The station is open for visitors and every day tours are given. It is very impressive to see the huge building and the old steam engines that are so well maintained. We had a wonderful morning there.

Gerdien Auf dem Brinke, Lyceum Club Groningen
**New Zealand**

**Otorohanga** is situated in the middle of the North Island of New Zealand. The club membership is in the nineties and the Mah Jong circle is the largest circle. Every Thursday afternoon between 20 and 30 women enjoy a few hours playing Mah Jong. Every year Otorohanga hosts a Mah Jong tournament and this year over 90 participants meant the tournament was a great success. Many of the ladies travelled a distance to attend but a lot of them regularly attend tournaments and great friendships are formed. Otorohanga Club themes each year on the animal that features for that particular Chinese year. The prizes also are of the same theme and there is a lot of competition to get the best score.

The event is held at The Otorohanga Club in town and starts at 9.30 with morning tea and finishes late afternoon. Often the local Mayor or some other dignitary from Otorohanga will open the tournament. Food served on the day has mostly been made by the Otorohanga Lyceum ladies.

Over the past 15 years the tournament has donated over $22,000.00 for some needy local groups including St Johns, Fire Brigade, Family Violence, Riding for the Disabled, Plunket, Beattie Home for the Elderly, and the local Lyceum Club. It is a very popular tournament and although it is a lot of work to organize the Otorohanga Lyceum Club has a great system now and the tournament runs well. It is anticipated that this tournament will carry on as long as there are women keen to run it.

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**Portugal**

Dear friends,

it is with great pleasure I send you my first report in this term as LCI’s President.

On the 16th of May the LCI – Lisbon group travelled to Castelo Branco, an ancient town, located on a hilltop in the countryside. Parts of the walls are now what remain of its castle, founded by the Templar Knights. This medieval town still presents some portals and the trade related toponymy: Blacksmiths street, Potters street, Furriers street, and so on.

With the intent of gaining knowledge and exploring our cultural patrimony, the group visited the José Cargaleiro Foundation and Museum, a known painter and ceramist. It was a lengthy tour, given the painter’s work, encompassing several decades.

The group then visited the Interpretative Centre of Castelo Branco’ bedspreads, where the technique of the Castelo Branco embroidery is shown by the embroiderers laboring at the site. It’s an art form; its linen and silk thread labor makes it unique and immensely appreciated. An exposition about linen could also be seen, from its harvest to the spinning and weaving, all made with ancestral methods.
We also visited the Francisco Tavares Proença Júnior Museum hosted in the old episcopal palace. Started as an archeology museum, the Museum successively diversified its collections, offering the visitor pieces that belonged to the episcopacy, some paintings and decorative artworks, a collection of the bishopric canonical clothing, and the famous Castelo Branco’s bedspreads.

The relevance of the Castelo Branco’s embroideries is patent in the modern part of town, as the buildings’ fronts present the decorative motifs commonly used in the bedspreads: flowers, birds, the tree of life and symbolic animals.

It is important to note that in these gatherings there is always place for socializing, especially during lunchtime. And we discovered still another heritage for which Portugal is increasingly recognized: its gastronomy.

Best regards,
Maria Teresa Abreu Matos
President of Lyceum Club International de Lisboa

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2018 - Centenary of Club Basel

A jubilee of this order of magnitude demands an appropriate set of festivities. Apart from our regular cultural activities the year 2018 was marked by four centenary events.

We started with a full house for an art exhibition of our members. 26 artists presented their work in 26 little white wooden boxes under the heading “100 years Lyceum Club of Basel – A journey in time: yesterday-today-tomorrow”. The club committee conceived the exhibition as a competition and all our Lyceum members were allowed to vote anonymously for their preferred work of art, with the three most popular ones receiving a prize.
The second event was a beneficial concert in the Preachers’ Church, beautifully decorated with white orchids, in favour of the charity “Tele assistance 143 – The Outstretched Hand”. The theme of this concert “From Baroque to the Modern Day” offered us music of different eras and was followed by an elaborate aperitif to round off a wonderful evening.

The highlight was a Centenary Lunch for our members at the Hotel “Les Trois Rois” where our club was founded 100 years ago. It was an unforgettable occasion for the 126 members who attended: delicious food, exquisite presentations and animated conversations.

We closed our centenary festivities with an animated panel discussion in the “House of Literature”. “What remains of the manuscript” was discussed between its director Katrin Eckert, a young lady writer and the programme manager of a publishing house, giving us an insight into the collaboration between writer and editor.

We have successfully completed our centenary year despite a statutory renewal of our committee in the middle of all these preparations and activities, experienced members making way for new ones.

We start our next hundred years with the motto “Tradition and Modernity”, thanks in part to the club history researched by Janet Blümli “100 years through the ages” which allows us to refer back to our past and on the other hand thanks to our new homepage which gives information on all our varied activities.

During summer months in the northern hemisphere travel abroad is one of the delights of life for many. It is always a learning curve to discover the culture of other countries and to have the opportunity to meet other people, whose lifestyle is different from one’s own. These are times when we appreciate the wonders of many types of magnificent paintings, architecture, sculpture etc. other than that that is offered at home.

A new venture, recently opened, is the Victoria and Albert (known as the V&A) Museum in the city of Dundee (Scotland’s third city). Two V&A Museums have already been in existence for some years in England in London and Liverpool. Dundee, unfortunately, has long been a city in decline since the days of trade with other countries in respect of the jute industry (when it was known as the jute capital of the world), the making of jam and in business dealings.

In 2007 discussions began with ideas for the transformation of Dundee’s waterfront in order to link the river with the city. The result of this came to fruition in 2010 when a competition for the design of a new museum was unanimously won by the famous Japanese architect, Kengo Kuma. This year, Mr. Kuma’s bold and innovative museum is now open and awaits visitors from the UK and around the world. The imposing shape of the building seems like the prow of a ship and the whole concept is that of a bridge from water to city.

With a varied selection of exhibits in the galleries, there is much to interest the visitor as in any museum, ranging from the works of British architects, costume designers, glass engravers, historical artefacts, travel, sculpture etc.

It is hoped that Dundee, once a thriving and bustling city, will now rise like a phoenix to prosper once again. The new V&A certainly deserves a visit and we Lyceum members from Edinburgh certainly hope to get there in the near future.
Finnish Salmon Soup – Lohikeitto

Cook time: 30 minutes
Total Time: 30 minutes
Yield: serves 4

Ingredients

- 1 lb salmon filet, skinned and cut into largish chunks, reserve the skin
- 1/2 stick, 4 tablespoons, unsalted butter, 1 large leek, trimmed, sliced, and well rinsed
- 5 cups (1,25 l) fish stock (can be substituted with water)
- 1 lb russet potatoes, peeled and diced
- 1 large carrot, sliced
- 1 cup (10g) fresh dill for garnish, finely chopped, divided
- 1 cup (250ml) heavy cream
- 1/4 tsp allspice
- salt and pepper to taste

Instructions

1. Melt the butter in a soup pot and simmer the leeks for 10 minutes, or until nice and soft.
2. 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.
3. Strain the broth and add to the pan with the leeks, along with the potatoes, carrots, and half of the fresh dill. Cook for another 10 minutes, or until the potatoes are just tender.
4. 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 remaining dill, and salt and pepper to taste.

This soup makes great leftovers, too, the flavours will mature and get even better!

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