Rosolli

Cubes of beetroot, carrot, potato, sour apple, pickled cucumber and onion, served cold with a dressing of whipped cream.

Makes
10 servings

Kind
Salads

From
Finland, Western Finland

Source
Rosolli, Martat (Marttaliitto), Finland, 19 November 2019, updated 7 January 2026

Called
Finnish: *rosolli* (beetroot salad); Swedish: *rosoll* (beetroot salad); Finnish: *sallatti* (an older name for it)

Allergens

Contains
milk: whipping cream

In optional ingredients
egg: eggs
fish: herring

Check the label for
barley (gluten): spirit vinegar, beetroot liquid
mustard: pickled cucumbers, herring
sulphites: pickled cucumbers, herring, spirit vinegar, beetroot liquid

Worked out from the ingredients as written. Products differ, so read their labels. How allergens are worked out

Ingredients

For the salad

- [ ] 3 potatoes, boiled
- [ ] 3 carrots, boiled
- [ ] 3 to 4 beetroot, boiled or pickled
- [ ] 1 pickled cucumber
  a sweet pickled one
- [ ] 1 tart apple
- [ ] 1 onion
  a small one
- [ ] salt, to taste
- [ ] ground white pepper, to taste
- [ ] herring, a piece of fillet (optional)

For the dressing

- [ ] 100 to 150 ml whipping cream
- [ ] 1 teaspoon spirit vinegar
- [ ] 1 pinch sugar
- [ ] beetroot liquid (optional)
  from the jar or the pan

To garnish

- [ ] eggs, hard-boiled (optional)

You will need

- a bowl

Method

The salad

1 [ ] Peel the potatoes, carrots, beetroot and onion, and peel and core the tart apple.

2 ☐ Cut all of them, and the pickled cucumber, into cubes of one size, and the herring, if you are using it, into small pieces. Put everything into a bowl.

3 ☐ Add a light seasoning of salt and ground white pepper and stir gently. Keep the salad cold until it is served.

The dressing

4 ☐ For the dressing, the whipping cream is whipped only until it holds a soft, loose foam. Flavour it with the spirit vinegar and the sugar.

5 ☐ Colour it with the beetroot liquid.

6 ☐ Serve the dressing in its own dish, beside the salad.

To garnish, if you like

7 ☐ Chop the whites and the yolks of the hard-boiled eggs finely, each on its own, and lay them across the top of the salad in stripes.

Notes

- For its 10 servings the source also weighs the vegetables: 200 g of carrots, 250 g of beetroot and about 200 g of potatoes.[1]
- In the nutrition figures for its 10 servings, the source counts the herring as 80 g of salted herring.[1]

The apples

The source asks for one sour apple, peeled and cored, and names no variety.[1]

This recipe

It follows Rosolli. The source uses metric measures; the US amounts are this site's conversions. This site has no kitchen and has not cooked the recipe.

What was changed: Translated from the Finnish. The source counts its vegetables and gives their weights in brackets; we list them by count and give the weights in a note. It gives no amounts for the salt, the white pepper, the herring, of which it asks for a piece of fillet, or the beetroot liquid, nor for the eggs of its garnish; we list them without amounts, and the herring, the beetroot liquid and the eggs as optional, as its brackets and its tip mark them. The garnish of hard-boiled eggs is a tip printed under its method; we make it the last step. It starts from vegetables already boiled, keeps the salad cold without saying for how long, and gives no times. The American amount of cream is our conversion. The steps are in our own words.

How the recipes are chosen and converted

Sources

1. Rosolli (https://www.martat.fi/reseptit/rosolli/), Martat (Marttaliitto), Finland, 19 November 2019, updated 7 January 2026.
2. Jouluruoka (https://tietava.finlit.fi/juhlakalenteri/joulu/jouluruoka/), Tietävä, Suomalaisen Kirjallisuuden Seura (the Finnish Literature Society).
3. Julmat på finska (https://www.isof.se/utforska/webbutstallningar/nu-ar-det-jul-igen/julkalender-om-julmat/julmat-pa-finska), Isof, Institutet för språk och folkminnen (the Institute for Language and Folklore, Sweden); web exhibition Nu är det jul igen, 13 November 2022.

4. Kokbok för hem och skola (third edition) (https://archive.org/details/BSG_8SCSUP35777NOR), Edit Reinilä, Sofie Calonius and Valma Krank, teachers at the Pedagogiska hushållsskolan, Helsingfors; Förlagsaktiebolaget Otava; the Bibliothèque Sainte-Geneviève copy at the Internet Archive, 1915.

From The World of Apples, apple.io/recipes/rosolli/