NORDIC · DINNER

# Karjalanpaisti (Finnish Karelian Beef and Pork Stew)

Karjalanpaisti

240 min · Serves 8 · 819 kcal a serve · Video 25:11 in Finnish · Pihvifriikki

Gluten-free ingredients · Nut-free

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Just beef, pork belly, onions and carrots seasoned with allspice and bay: about 47 g of protein and 5 g net carbs a serve, with no flour or sugar.

**Diet notes:** Keto (5.1 g net carbs a serve).

## Ingredients 10 · SERVES 8

- [ ] 1 kg **beef stewing cubes** (paistikuutiot), a well-marbled cut
- [ ] 1 kg **pork belly** (or shoulder), cut into large cubes with the fat left on
- [ ] 2–3 tbsp **butter**, for browning
- [ ] 2–3 tsp **salt**
- [ ] 2 large **onions**, cut into wedges
- [ ] 2 **carrots**, cut into large pieces
- [ ] 8–12 **allspice berries** (maustepippuri)
- [ ] 2–4 **bay leaves**
- [ ] **hot water** (or hot stock), just enough to barely cover the meat
- [ ] chopped **curly parsley**, to serve

**Contains:** Milk. Check labels on stock, sauces and spice mixes.

## Method TIMES = THE MOMENT IN THE VIDEO

1. Heat the oven to 150 °C. Cut the beef and the pork into large, roughly even cubes, leaving the fat on the pork for juiciness. 3:35
2. Melt butter in a frying pan over high heat and brown the meat in batches until deeply coloured on all sides, salting lightly as it browns. Move each batch into a heavy casserole. 5:00
3. Cut the carrots into large pieces and the onions into halves, then quarters. Toss them briefly in butter in the hot pan, then layer them in the casserole between the meat. 6:26
4. When the last batch is browned, pour hot water into the pan to lift the browned bits; add the bay leaves, allspice and the rest of the salt (no other spices). Pour the spare fat out of the second pan, then deglaze it too. 11:21
5. Pour the hot liquid over the meat so it is only just covered, with a few pieces poking out. Bake uncovered at 150 °C for about 3 hours, until tender and the liquid has reduced and darkened on top. 15:10
6. Serve hot from the pot with plenty of the cooking juices and a sprinkle of chopped parsley. 18:24

> **Tip** Serves 6–8. Eaten with mashed or boiled potatoes and lingonberries; swede or cabbage keep it lighter. Keeps for days. The pork belly is counted raw, with the fat he pours off, so the fat figure is on the high side.

The method is a summary in our words, in English — the video (in Finnish) shows every step.

## One serve gives you 1 OF 8 · ESTIMATE

| ENERGY | PROTEIN | CARBOHYDRATE | FIBRE | FAT | SODIUM |
|---|---|---|---|---|---|
| 819 kcal | 47 g | 6.5 g | 1.4 g | 66 g | 850 mg |
| 3,430 kJ | 94% of a day | 5.1 g net · 2.9 g sugars | 5% of a day | 26 g saturated | 37% of a day |
| | | 2% of a day | | 85% of a day | |

**Energy from** net carbs 3% · protein 23% · fat 74% — fits keto: 5.1 g net carbs, 74% of the energy from fat

**High in** (20%+ of a day) Vitamin B12 127% · Zinc 71% · Selenium 65% · Omega-3 40% · Vitamin B6 30% · Vitamin A 20%

**Source of** (10–19%) Iron 16% · Potassium 13% · Vitamin K 13%

**Recipe and video:** Pihvifriikki (@Pihvifriikki) on YouTube — youtube.com/watch?v=_mHV8W7wfP4, published 4 January 2026. All credit for the recipe goes to the cook; please watch and support their channel.

**By Notbroken:** the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/karjalanpaisti-finnish-karelian-stew