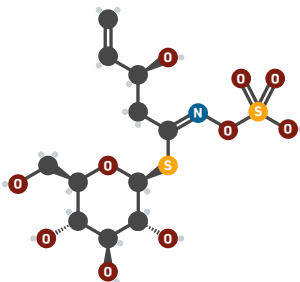




## Finland: Lanttulaatikko



Lanttulaatikko is a swede casserole served as a traditional Christmas side dish in Finland. Swedes are in the same cruciferous family of vegetables as brussels sprouts, and like sprouts they contain bitter glucosinolate compounds. Breakdown of glucosinolates during cooking produces isothiocyanate and nitrile compounds which contribute to swede flavour and aroma.

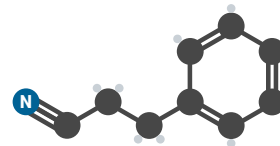


Progoitrin (a glucosinolate)

KEY: ● Carbon ● Oxygen ● Nitrogen ● Sulfur ● Hydrogen



2-phenylethylisothiocyanate



3-phenylpropanenitrile