

# FAVORITE GAME RECIPE: *SPICY INSIDE ROUND OF REINDEER*

BY BERIT HELLAND

For Berit, venison is something very special. Although she is cooking game since her early childhood, her nervousness still increases every time when preparing venison. Find out more about her favorite reindeer recipe for special occasions:



## INGREDIENTS (4 PEOPLE)

### SPICY INSIDE ROUND OF REINDEER

- 700g inside round of reindeer, redder or moose
- 150g butter
- 200g mushroom / chanterelle
- 400g sweet potatoes
- 3dl cream
- 1dl milk
- 1dl grated carrot
- 600g potatoes
- 100 g onion
- 100g lingonberry
- 50g sugar
- 1 pot of basil
- dl pine nuts
- 50g parmesan
- 4dl olive oil
- 1 pot of herbs
- Salt & pepper



SWAROVSKI  
OPTIK

# PREPARATION

## STEAK

*Follow this lead and you will get a juicy red meat - I promise*

Take the meat out of the fridge and let it rest until it has room temperature - at least 30 min.

Use your fingers to rub the steak with salt and pepper (we want it spicy!) . Heat a pan and add butter to it, then brown the meat in it. Put the meat in an ovenproof dish and bake it in oven at 160° C till the core temperature reaches 53° C (therefore stick a meat thermometer in the middle of the steak)

Now give the meat a rest of at least 20min before you cut it up in thick slices.



## MUSHROOM

Wash and roast the chantarell in butter, season it with salt & pepper and herbs.

## SWEET POTATO PURÉE

Peel the sweet potato and cut it into chunks roughly 1 cm thick. Boil them softly in lightly salted water.

Strain out the water and use a hand- blender together with butter to you get a nice and smooth purée. Season it with salt & pepper.



## CREAMED POTATOES

Peel potatoes and onions and cut them in thin slices.

Put them in ovenproof form. Season with salt and pepper and pour cream and milk over the vegetables. Now put the form in the oven at 200°C. After half an hour put the cheese on top and put bake it for another 20minutes (or until the cheese has got a nice golden color).

My tip: I use small portion forms for the creamed potatoes, one for each guest



## PESTO

Shake pine nuts in a dry frying pan till they get a golden color.

Give the basil, parmesan and salt in a food- processor. Pour oil in a thin jet while driving the food processor. Pesto is done when all is mixed together and has a nice green color.

Serve with pesto, herbs and lingonberries.

