



Game Meat

on the Table in the Nordic Region



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Game Meat on the Table

in the Nordic Region

The Nordic nature is a rich treasury of natural foods. Since the dawn of time, hunters have brought game home to their families, and this tradition remains an important part of the culture in all five Nordic countries.

Game constitutes a significant part of the Nordic household and offers an impressive variety of species. From the smallest birds, such as the jack snipe, which can produce a unique and delicate meal, to ducks and geese, the many grouse species, hare, all deer species, and all the way up to the Nordic region's largest land mammals, the moose and the brown bear. Even seals still have a place in households in some parts of the Nordic region.

It is a remarkable number of species we can harvest – a renewable resource provided by nature.

Serving game brings not only flavor and nourishment; it also sparks a special kind of conversation at the dinner table. Conversations about hunting as a way of life, about nature's rhythms, and about the habitats that form the foundation for both the hunt and the ingredients we appreciate.

Enjoy the variety in this booklet. Use the recipes as inspiration for new ways to prepare game – and let them form the foundation for good meals and good conversations.

Bon appétit

Nordic Hunter's Alliance

Claus Lind Christensen
President

GAME MEAT
-
**A renewable resource
provided by nature**





Goose or Ptarmigan

- Curing and Smoking



In Iceland, it was all about preserving food for the long winters. Curing and smoking meat were very popular methods.

Curing and Smoking

Curing

1 part salt – 1 part nitrite – 1 part sugar

Curing time

Goose – 5 hours

Ptarmigan – 3 hours

Smoking

Rinse thoroughly after curing, pat dry and place in the smoker.

Cold-smoke for 8–10 hours, adjusting to taste. Driftwood was traditionally used.

Double-smoked meat is very popular in Iceland.



Blueberry-Marinated Creamed Game Jus

with Ptarmigan Breast, Blue Cheese & Brennivín *Main Course ♦ Serves 4*

Ptarmigan

12 ptarmigan breasts
250 g blueberry jam
2 dl red wine
1 tsp fine sea salt
Butter, for cooking

Game Jus

Ptarmigan legs, gizzards, liver, and heart
1 onion, finely diced
1 carrot, finely diced
2 chicken stock cubes
1 liter water
100 g flour
75 g butter
2 tbsp blueberry jam
½ wedge blue cheese, crumbled
2 dl heavy cream
3 cl Brennivín (or neutral aquavit)
Thyme, salt, and freshly ground black pepper

Marination

Combine blueberry jam, red wine, and salt until the mixture is smooth.
Submerge the ptarmigan breasts in the marinade and refrigerate for **at least 6 hours**, preferably overnight.
Remove and pat dry before cooking.

Game Stock Base

In a heavy saucepan, brown the ptarmigan legs, gizzards, liver, and heart together with the onion and carrot until deeply caramelized.
Add water and chicken stock cubes. Bring to a gentle simmer and cook for **1 hour**, skimming as necessary.
Strain the stock and reserve the liquid; discard solids.

Sauce

Prepare a beurre manié by kneading flour and butter together. Whisk small amounts of the mixture into the hot game stock until it reaches a light nappé consistency.
Finish the sauce with blueberry jam, blue cheese, cream, and Brennivín.
Season with thyme, salt, and pepper. Keep warm; do not boil.

Cooking the Ptarmigan

Heat butter in a sauté pan over high heat.
Sear the ptarmigan breasts **about 1 minute per side**, achieving good colour while keeping the interior just pink. Allow to rest briefly before plating.

To Serve

Arrange the breasts neatly on the plate and spoon the game sauce alongside, not over, the meat.

Excellent with potato purée, roasted root vegetables, or celeriac.





Boiled Cured Goose

with Vegetables and Horseradish Blue Cheese Sauce

Boiled Cured Goose

One goose

Brine

4 liter water
3 bay leaves
12 black peppercorns
12 cloves
12 juniper berries
600 g salt
400 g sugar

Vegetables

6 carrots
1–2 turnips
1 leek, cut into pieces
¼ head of cabbage, cut into large pieces
3-5 peeled potatoes
Cauliflower florets

Bring the brine to a boil to dissolve the salt and sugar.

Pluck the goose (or ducks) and place it in a container large enough to hold both the bird and the brine. Refrigerate for 36 hours. It is a good idea to place a stone or other weight inside or on top of the bird, so the brine fully covers it.

Place the goose in a pot and cover with cold water, season with peppercorns, bay leaves and juniper berries. Add one onion, one carrot and one celery stalk, roughly chopped. Boil for one hour, or until the bird is thoroughly cooked. Remove, cover with aluminum foil and keep warm.

Cook all the vegetables, except the cabbage, gently in the goose stock. Add the cabbage during the last 7–8 minutes.

Sauce

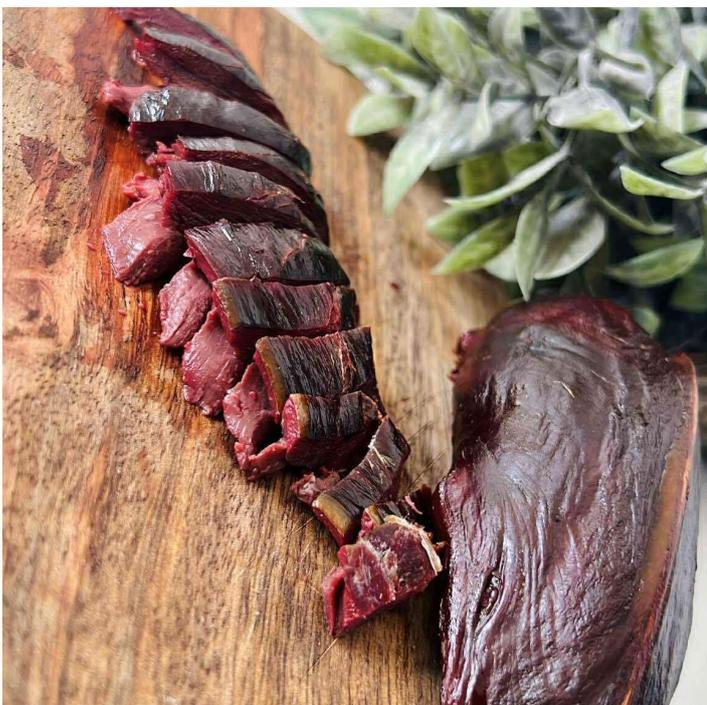
Heat butter in a saucepan, stir in flour, then add goose stock and cream. Make a medium-thick white sauce. Crumble blue cheese into the sauce.

Season with salt and pepper.

Just before serving, add grated horseradish.

To serve

Carve the goose and arrange on a platter or individual plates. Add the cooked vegetables. Spoon a small amount of stock over the dish and finish by topping with the sauce.





Reindeer Pasta

with Gorgonzola Sauce

Reindeer Pasta with Gorgonzola Sauce

250 g reindeer meat, cut into fairly small cubes, or minced
100 g salted pork belly or bacon
1 red onion
1 tbsp butter
3 dl cream
50–100 g gorgonzola or another blue cheese
1 dl fresh basil, chopped
Pasta
Salt and pepper

Fry the meat and onion in butter. Add the cream and simmer for about five minutes.

Cut the bacon into cubes and fry in a separate pan, then drain.

Add the bacon to the sauce and season with salt and pepper.

Crumble the cheese into the sauce.

Cook the pasta, place it on plates, and spoon the sauce with the meat over it.

Finally, sprinkle with basil.

Recipe: Sigmar B. Hauksson – from the book *“From Nature’s Pantry”*







Slow-Cooked Hare

Main Course ♦ Serves 4

Slow-Cooked Hare

1 hare, roughly butchered into legs, shoulder, neck, and back (with bones)
1 bottle of red wine
Cream (optional)
3 onions, roughly chopped
5 sprigs of rosemary
1 whole red chili
2 carrots
3 stalks of celery
1 tsp salt
½ dl coarsely ground pepper
– preferably crushed with a mortar and water

Place all ingredients in a large pot with a tight-fitting lid. Add water until the meat and vegetables are completely covered. Simmer gently over very low heat for 12 hours.

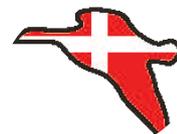
Remove the meat from the broth. Strain the broth to remove bones, vegetables, etc.

The meat is ready to eat as it is, or it can be used in other dishes. The broth can be reduced significantly to make a rich sauce by adding cream. Season with salt and pepper.

Serve with mashed potatoes, lightly sautéed Brussels sprouts, and pears and fresh cranberries warmed in honey.







Pheasant in Green Curry

Main Course ♦ Serves 4

Pheasant in Green Curry

500 g well-aged fresh pheasant breast
2–3 dl finely chopped ginger
2 cloves garlic, finely chopped
1 chili, finely chopped
1 dl lime juice
55 g green curry paste— can be replaced with red curry
½ dl peanut oil
2 dl chopped hazelnuts or peanuts
8 dl coconut milk or cream
1–2 stalks lemongrass
4–5 lime leaves
4–6 tbsp fish sauce
1–2 tbsp oyster sauce
½ dl soy sauce
½ bunch finely chopped coriander

Slice the meat into strips about 0.5 cm thick. Marinate in the refrigerator for 1–2 hours in a mixture of peanut oil, chopped ginger, garlic, chili, lime juice, and green curry paste.

Toast the nuts in a high-sided pan. Add the meat and all the marinade and sauté quickly over high heat – without browning.

Add coconut milk (or cream), lemongrass, lime leaves, fish sauce, oyster sauce, and soy sauce. Let the dish gently poach over low heat for about 1 hour.

Season to taste with soy sauce to achieve the right salt balance. Sprinkle with chopped coriander and serve.

Cabbage with Hoisin, Sesame and Quinoa

1 pointed cabbage, white cabbage, or red cabbage
2 dl sesame seeds
1 tbsp peanut oil
1 tsp salt
½ dl lime juice
½ dl sesame oil
½ clove garlic, finely chopped
1 tbsp hoisin sauce
½ bunch finely chopped coriander
300 g quinoa

Finely shred the cabbage using a mandoline slicer. Toast the sesame seeds in peanut oil with salt. Roast them until dark brown, but not black. Set aside to cool.

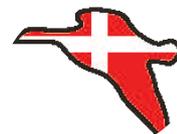
Mix lime juice, sesame oil, garlic, hoisin sauce, and coriander into a marinade. Pour the marinade over the shredded cabbage and work it in thoroughly.

Mix in the cooled sesame seeds just before serving. Rinse the quinoa thoroughly in cold water and cook for 10–15 minutes in lightly salted water

Serve piping hot with baguette and butter.



Recipe : Rene Vestergaard Jensen www.stauningstrand.dk



Stuffed Woodcock

with Herb-Champagne Sauce

Main Course ♦ Serves 2

Woodcock

3 woodcocks
1 piece caul fat (available from your butcher or online; can be replaced with bacon or Serrano ham)
½ dl cream
1 pasteurized egg white
Salt and pepper
optional herbs
½ dl Champagne

Remove the breast meat from 1 woodcock and blend it. Add the egg whites, cream, salt, and pepper, and blend for 2 minutes until the farce is smooth.

Place 1 tablespoon of the farce between the skin and the breast meat on the other 2 woodcocks.

The layer of farce should be about ½ cm thick.

Wrap the 2 woodcocks in caul fat and secure them.

Add ½ dl Champagne to the roasting pan used for cooking the birds.

Cook in the oven at 130°C for 1 hour, or until the core temperature reaches 60°C.

Carve the birds by cutting the breast meat off on both sides and removing the legs. Note the small bones in the legs.

Savoy Cabbage

2 savoy cabbage leaves
1 tbsp woodcock farce (left over from earlier)

Cut out savoy cabbage leaves with a round cutter.

Blanch the cabbage leaves in lightly salted water for about 1 minute, then remove and drain.

Spread the remaining farce in the middle of the cabbage leaf and fold it over.

Steam the cabbage parcel in a pot for approx. 4 minutes (core temperature 70°C).

Green Herb Oil

5 sprigs of fresh herbs (for example parsley, chives, or tarragon)
1 dl rapeseed oil

Blend the herbs and oil until the mixture turns a strong green color (about 3 minutes).

Herb-Champagne Sauce

15 g butter
15 g flour
3 dl whole milk
1 dl cream
½–1 dl Champagne
10 sprigs of herbs (chervil, chives, basil)

Melt butter, add flour, and cook for 2 minutes.

Add the milk while whisking it into the sauce, then add the cream. Season with salt and white pepper.

Just before serving, add the Champagne and swirl in the green herb oil so the sauce appears slightly split.

This dish may be served with potato fondant and roasted carrots — or any other suitable sides.

The hearts can be quickly fried in a very hot pan for 2–3 minutes and seasoned with salt and pepper. (a little thyme and a clove of garlic in the pan will add great flavor and aroma).

Remember!
The remaining Champagne may be enjoyed in the kitchen





Slow-Roasted Wild Duck

Wigeon or Teal

Main Course ♦ Serves 6

Slow-Roasted Wild Duck, Wigeon or Teal

5 dl red wine
7–9 teal or 6 wigeon or 4–5 mallards
3 sprigs rosemary
1 bunch thyme
3 cloves garlic
3 onions, finely sliced
5 dl heavy cream

Clean the ducks and remove the necks. Rub the ducks and necks with duck fat or butter and season with salt and pepper. Place them in a roasting pan greased with duck fat or butter. Brown in the oven at 250°C (480°F) for approximately 20 minutes.

Place the rosemary, thyme, and garlic in the bottom of a casserole dish with a tight-fitting lid. Arrange the ducks on top and pour the red wine over them.

Cover with the lid and cook in the oven at 100°C (210°F) for:
1½ hours (teal)
2 hours (wigeon)
2½ hours (mallard)

It is very important that the lid fits tightly.

Sauté the onions in a pot until lightly browned. Add all the roasting juices from the browning pan along with the necks and a little water. Let this simmer gently while the ducks are cooking.

Remove the ducks from the casserole and let them rest for at least 30 minutes. Before serving, brush or glaze them with butter and brown in the oven at 250°C (480°F) for 15–20 minutes, until the skin is crisp.

Strain the sauce, add the cream, and reduce until it reaches the desired consistency. Season to taste with game or duck stock if needed, as well as salt and pepper.



Note: Meat from bear should always be tested for trichinella.



Recipe: Steve Nyman



Red Wine-Braised Bear

with Jerusalem Artichokes and Pickled Winter Chanterelles

Main Course ♦ Serves 4

Red Wine-Braised Bear

1 kg brisket on the bone (cut into 2-3 cm thick slices)

or

700 g steak (in which case use a little bit of meat stock for the braising)

25 g butter (for braising the meat)

7.5 dl red wine

2 yellow onions, quartered

1 bay leaf

2-3 sprigs of fresh thyme

2 tbsp butter (for the sauce)

Braise the meat in a pan to give it some color. Transfer the meat and its juices into a pot or slow cooker, add the remaining ingredients, and pour in enough water to cover the meat by about two centimeters. Let it simmer for 3½–4 hours.

Drain the liquid into a saucepan and reduce it until it develops a full flavor. Pick the meat off the bones; it should now be very tender with a strong flavor.

These steps can be prepared ahead of time, for example, the day before serving. In this case, store the meat and sauce in a cool place. When ready to serve, bring the sauce back to a boil, add two tablespoons of butter, and heat the meat in the sauce.

Pickled Winter Chanterelles

400 g winter chanterelles (fresh, frozen, soaked or dried)

90 g sugar

1.5 dl water

½ dl white vinegar

1 star anis

Bring all the pickling ingredients to a boil, then simmer until they form a thick, syrup-like mixture.

Let it cool.

Let the mixture cool.

This condiment is best served cold and can be prepared in advance.

Cream of Roasted Jerusalem Artichokes

600 g Jerusalem artichokes, peeled

150 g butter, melted

½ dl olive oil

1.5 dl crème fraîche

Salt

Place the Jerusalem artichokes, butter, and olive oil in an ovenproof dish.

Mix well and bake in the oven at 200°C for 25–30 minutes, until the artichokes are lightly colored and tender.

Mash everything into a smooth paste (or whisk if you prefer a bit more texture). Stir in 150 ml crème fraîche and season with salt to taste.

Serve with boiled root vegetables or broccoli.



This classic moose dish from northern Sweden is served as a cold cut.

The frozen cut of meat is placed directly into the oven, without defrosting, and cooked at a low temperature for 8-10 hours, resulting in an evenly pink, deliciously tender meat.

It is perfect for a buffet with many guests. Here, it is seasoned with flavours from the Mediterranean.

Recipe:

Viltkokboken (The Game Cookbook by the Swedish Association for Hunting and Wildlife Management)





”Tjälknöl” Moose

with Flavours of the Mediterranean

Main Course ♦ Serves 8

Frozen Moose Meat

1,5 – 2 kg frozen meat from moose, for example rump or round

Place the frozen meat in an ovenproof dish and set the oven to 70°C. After a few hours, when the meat has slightly defrosted, insert a meat thermometer to monitor its internal temperature. The time needed in the oven depends on the size of the steak. For a small steak, four hours in the oven might be enough. A larger one might need up to 10-12 hours before reaching the right temperature. Remove the meat when the internal temperature reaches 58°C.

Brine with Flavours of the Mediterranean

5 dl water
2 tbsp salt
½ tbsp sugar
1 tbsp black peppercorns
1 bay leaf
1 tps fennel seeds
1 garlic clove, thinly sliced

After many hours in the oven, the meat will have a hard, dry surface, which will soften by soaking it in the brine for a few hours before serving. Bring all the ingredients for the brine to a boil, then let it cool slightly. Cover a bowl in double plastic bags. Pour the brine into the bag.

Then add the meat while the brine is still warm.

Colorful Grain Salad

3 dl groats (for example oat or wheat)
1 mango, diced
2-3 spring onions, thinly sliced
4 tbsp ajvar, mild or hot
1/3 pot fresh basil
½ lemon, juice from
Olive oil
Salt and freshly ground black pepper

Cook the groats according to instructions on the packet. Let them cool, then mix with the rest of the ingredients. Season with salt and pepper.

Spicy Oil for Drizzling

1 dl olive oil
4 tbs whole fennel seeds, lightly pestled
1 lemon, zest and juice
1 garlic clove, pressed
Black pepper
Flake salt

Mix the olive oil, fennel seeds, lemon zest, lemon juice and garlic, salt and black pepper.

To serve

Cut the meat into thin slices and drizzle with the oil. Serve with the grain salad described here or with a traditional French potato salad.



Recipe: Viltkokboken
(The Game Cookbook by the Swedish Association for Hunting and Wildlife Management)



Wild Boar Steak

in Cider with Apples and Mustard

Main Course ♦ Serves 4

Wild Boar Steak in Cider with Apples and Mustard

Approx. 500 g wild boar meat, for example shoulder or leg/ham
1 yellow onion, cut in wedges
2 apples, cut in wedges
+ 1 apple for decorating
1 tbsp Dijon mustard
1 tbsp whole grain Dijon mustard
5 dl dry apple cider
3 dl double cream
Tarragon
Salt and pepper

Fry the onion and two of the apples in oil or butter. Add cider, mustard and tarragon (if using). Sear the meat on all sides, then add it to the pot, and simmer for 1-2 hours, until the meat is tender.

At the point of serving, remove the meat, slice and place on a dish.

Cut the remaining apple into wedges and fry lightly in a pan. Use the fried apple wedges as decoration when serving..

Sauce

Strain the sauce, then add the cream and let it simmer. Season with salt, pepper and tarragon (if using).

Serve with boiled potatoes.



Autumn is the season for stews.
Serve a great wild boar stew
with the scent of apples.

A full cut of meat is used here,
but the recipe works just as well with stew meat

Quote: *Viltkokboken*





Oven-Roasted Deer Sirloin

with Silky Root Vegetable Purée, Baby Potatoes, Mushrooms, and Red Wine Reduction

Main Course ♦ Serves 4

Venison Sirloin

800 g red deer sirloin
1 pinch sea salt
1 tsp mixed ground peppercorn blend
2 tbsp butter

Preheat the oven to 120°C (250°F).
Pat the sirloin dry and allow it to come to room temperature.
Season generously with salt and pepper.
Heat a skillet over high heat with butter. Sear the sirloin on all sides until well browned.
Transfer to an ovenproof dish and insert a meat thermometer into the thickest part.
Roast on the middle rack until the desired internal temperature is reached:
Rare: 53–55°C. Medium: 56°C.
Medium-well: 60°C. Well-done: 75°C.
Remove from the oven and rest for at least 10 minutes before slicing.

Tip: An 800 g sirloin takes approximately 25 minutes to reach 56°C.

Root Vegetable Purée

350 g sweet potato
2 large carrots
200 g swede
1.5 dl heavy cream
½ tsp salt
½ tsp white pepper

Peel and dice the sweet potato, carrots, and swede.
Boil in salted water until completely tender, then drain well.
Blend using an immersion blender until smooth.
Gradually add the cream and season with salt and white pepper.
Keep warm until serving.

Sides

600 g baby potatoes
2 tbsp butter
200 g mushrooms, sliced
Sea salt and black pepper, to taste
4 tbsp fresh lingonberries

Boil the baby potatoes until tender, then drain and allow steam to evaporate.
Heat butter in a skillet and pan-fry the potatoes until golden and crisp. Season with sea salt.
In a separate skillet, sauté the sliced mushrooms over high heat until golden. Add a small knob of butter if needed and season with salt and pepper.

Red Wine Sauce

2 shallots, finely chopped
1 tbsp olive oil
5 dl red wine
5 dl game stock (venison stock preferred)
100 g cold butter, cubed
½ tsp salt
1 tsp freshly ground black pepper

Sauté the shallots in olive oil over medium heat until translucent.
Add the red wine and reduce to one-quarter of its original volume.
Add the game stock and continue reducing until the sauce thickens and reduces by half.
Strain out the shallots.
Whisk in the cold butter cubes gradually to emulsify. Season with salt and pepper.

To Serve

Slice the venison and serve with root vegetable purée, crispy baby potatoes, sautéed mushrooms, lingonberries and red wine sauce.

”

Cured black grouse served with lingonberry aioli, rucola, and Jerusalem artichoke chips on speltz crackers makes an elegant appetizer or tapas dish.





Cured Black Grouse

with Lingonberry Aioli and Jerusalem Artichokes

Main Course ♦ Serves 4

Cured Black Grouse

2 whole black grouse
2 tbsp salt
3 tbsp sugar
3 juniper berries, crushed
1 tbsp finely chopped fresh thyme
2 tbsp aquavit (cognac can be used as well)

Skin the grouse and remove the breast fillets.

In a bowl, mix the salt and sugar. Add crushed juniper berries and chopped thyme.

Spread half of the curing mixture in a deep dish. Place the breast fillets on top and cover with the remaining cure. Rub thoroughly. Sprinkle a few drops of aquavit over the fillets. Cover tightly with plastic wrap.

Place a sheet of cling wrap over the meat and weigh it down with a small weight (such as a bag of flour or salt).

Refrigerate for 2–3 days.

Lingonberry Aioli

200 g light mayonnaise
2 dl mashed or stirred lingonberries
1 garlic clove, finely minced
1 tbsp freshly squeezed lemon juice
½ tsp salt
1 tsp pepper
1 tsp freshly ground black pepper
Fresh lingonberries (optional, for garnish)

Place the mayonnaise and lingonberries in a mixing bowl.

Add the minced garlic, lemon juice, salt, and pepper.

Stir until fully combined and smooth.

Adjust seasoning to taste.

Garnish with fresh cranberries if desired.

Refrigerate for at least 30 minutes before serving to allow the flavors to develop.

Jerusalem Artichokes

500 g Jerusalem artichokes
1 liter sunflower oil (for deep-frying)
1 tbsp sea salt

Wash the Jerusalem artichokes thoroughly and pat completely dry.

Slice into very thin slices using a mandoline (a sharp knife or vegetable slicer can also be used).

Heat the sunflower oil in a deep, heavy-bottomed saucepan or deep fryer to approximately 170–180°C.

Test the oil with one slice – it should bubble immediately without burning.

Fry the slices in small batches to avoid lowering the oil temperature.

Fry until golden brown and crisp.

Remove using a slotted spoon and transfer to a tray lined with paper towels to drain.

Season immediately with sea salt while still hot.

Allow to cool completely before serving for maximum crispness.

To Serve

Rucola
Spelt crackers or flatbread

Slice the cured black grouse thinly.

Serve on spelt crackers or flatbread with rucola and lingonberry aioli.

Seal Patties and Hot-Smoked Seal

Seal meat is very lean and similar in texture to whale meat, though darker in color. Seal patties are tasty and are easy to make. Hot-cured seal meat is also a popular way of using seal.

Preservation has always been a cornerstone of Norwegian food culture.

Hot smoking has long been used to preserve and enhance game meat. This method not only extends shelf life but also develops complex, smoky flavours while maintaining the meat's natural character. Game meats such as seal, venison, and grouse are especially well suited to hot smoking due to their lean texture and robust flavour profile.





Seal Patties and Hot-Smoked Seal

Main Course ♦ Serves 4

Seal Patties

500 g ground seal meat
1 tsp curing salt (nitrite salt)
1 tsp salt
½ tsp freshly ground black pepper
1 tsp dried thyme
1 garlic clove, finely minced
80 g breadcrumbs
Butter, for frying

Hot-Smoked Seal

100 g coarse salt
25 g game seasoning blend
1 kg seal meat

Seal patties

In a large mixing bowl, combine the ground seal meat, curing salt (nitrite salt), salt, pepper, and thyme. Add the minced garlic and breadcrumbs. Mix thoroughly until the mixture is smooth and well combined. Shape into evenly sized patties. Heat butter in a skillet over medium heat. Fry the patties until golden brown on both sides and cooked through.

In a small bowl, combine the coarse salt and game seasoning. Evenly rub the salt mixture over the seal meat, ensuring all surfaces are well coated. Cover and refrigerate for at least 2 hours to cure lightly. Rinse the meat thoroughly under cold water to remove excess salt. Pat completely dry with paper towels.

Smoking

Preheat the smoker using low heat. Hang or place the meat in the smoker. Smoke at a low temperature for 30 minutes to allow the surface to dry and absorb smoke. Increase the temperature to 60°C and continue smoking for 1–3 hours, depending on thickness and desired doneness.

The internal temperature should approach 60°C but not exceed it, to maintain moisture.

To Serve

Serve seal patties and hot smoked seal with reindeer lichen and fresh blueberries. The patties also pair well with mashed potatoes and seasonal vegetables.



Photo: Pentti Sormunen / Vastavalo



Photo: Anna Kujala



Willow Grouse Crowns

the Finnish Festive table

Willow Grouse

2 willow grouse breast fillets

½ dl coarse salt
1 sprig fresh rosemary or ½ tsp dried rosemary
½ tsp black pepper
1 tsp juniper berries
1 small red onion, finely chopped

Crush the black peppers and juniper berries. Chop the rosemary. Mix the spices thoroughly with the salt.

Spread the mixture evenly on a surface.

Place the two breast fillets together, facing each other, and roll them in the mixture.

Place the “breast package” onto plastic wrap and roll it tightly into a compact log. Refrigerate for a couple of days, then transfer to the freezer.

Topping/Garnish

A few spoonfuls finely chopped vendace roe
1 tbsp mashed lingonberries
1 tsp runny honey
½ dl mayonnaise
½ dl sour cream
A squeeze of lemon juice
Bread, sliced into small pieces

Before serving, move the meat to the refrigerator to thaw slightly. Slice the semi-frozen meat into very thin slices and arrange on a serving dish. Add a small spoonful of roe and the other accompaniments.

Serve with small slices of bread.

NOTE:

There is also a **Youtube-video** about this dish, prepared by Markus Maulavirta.

Youtube can provide automatic captions in English.

<https://www.youtube.com/watch?v=la8MmtRvnlk>





Photo: Teemu Heinonen / Vastavalo



Photo: Ville Rantalainen



Capercaillie

in Port Wine and Gooseberries

Capercaillie

2 pcs capercaillie legs

1 celeriac

1 carrot

1 onion

1 liter game or beef stock (or water)

2 dl port wine

50 g butter

Salt and freshly ground black pepper

Peel and cut the root vegetables into pieces of the same size.

Pan-fry the legs in butter until browned on both sides. Pan-fry the root vegetables as well.

Place the root vegetables, the legs, and the stock in an oven-safe dish. Capercaillie legs require a long cooking time, and there are several methods you can use. They can be cooked in a Dutch oven, in a roasting bag in the oven, in a boiler on stovetop, or Sous-vide cooking in a vacuum. Sous-vide cooking takes approximately 3–4 hours, but the total cooking time varies depending on the age of the bird.

A pressure cooker can also be used, reducing the cooking time by half. With all methods except Sous-vide, ensure the liquid level is monitored regularly. The legs are done when the meat releases easily from the bone.

Taste and adjust the seasoning, and enjoy in good company.

Ginger-Spiced Gooseberries

1 apple cut into cubes

2 dl gooseberries

1 dl pickled mushrooms, for example

trumpet chanterelles

fresh ginger

1 dl sugar with pectin

2 tbs apple cider vinegar

Bring the vinegar and sugar to boil. Add the gooseberries and the piece of fresh ginger. Simmer them for a while.

Add the cubed apple and the pickled mushrooms



Photo: Kaarlo Saarikoski / Vastavalo





Moose Stew with Chocolate

A Heartwarming Taste of Autumn

Moose Stew

1,5 kg moose meat suitable for stew (for example shoulder or brisket)
4 tsp cooking oil for frying
4 onions
1 bell pepper
1 tsp dried chilli flakes
10–15 dried plums (prunes)
1 tsp paprika powder
2 bay leaves
2 tbsp red wine vinegar
1–1.2 liters water
1 tbsp cocoa powder
Salt and black pepper to the taste

Remove membranes from the meat and cut it into bite-sized pieces.

Chop the onions, the bell pepper and the dried plums.

In a heavy pot (e.g., a cast-iron stew pot) heat the oil and fry the meat pieces until they develop a browned surface. Then add the onions, and sauté on low heat for about 15 minutes.

Add the bell pepper and paprika powder, sauté briefly. Add the water, the plums, bay leaves, red wine vinegar and salt. Let the mixture simmer on low heat for 2–3 hours until the meat is tender. Add water during cooking if necessary to ensure the meat remains covered by the liquid.

At the final stage, add the cocoa powder. Taste and adjust salt and black pepper as needed. If the sauce is too thin, thicken it with a little cornstarch (Maizena).



Photo: Anna Kujala



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