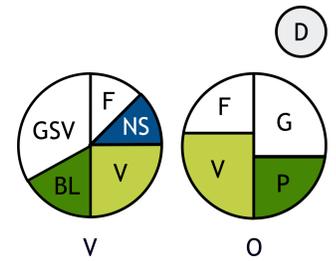


STOVE (1x), FIRE (2+X)



# REINDEER CHAFING



3-4 servings

Cooking time: 30 minutes (1x)

game chafing, or in a real pinch ground animal, Beyond or Impossible meat)



- Approx 200 g funnel chanterelles, golden chanterelles, or button mushrooms

- 1 red or yellow onion
- 1 Tbsp plant butter or oil
- 200 ml crème fraîche, créma fresca, or cream, dairy or cashew



- 1-2 Tbsp undiluted blackcurrant juice concentrate (Ribena) or 1 Tbsp blackcurrant jelly (optional)

- 100 ml water + broth cube or spoonful of broth concentrate



- 5 dried juniper berries (or more)
- Thyme, 2 Tbsp fresh or 1-2 tsp dried
- 1 Tbsp soy sauce



- 50 ml lingonberries or lingonberry jam (optional)

## EQUIPMENT

- Cast-iron pan (very large)
- Spatula
- Stove that pan will fit on or 1 bag charcoal
- Hiking board or cutting board(s)
- Chef's knives
- Container for sauce

## COOKING TUB STAPLES

- Cooking oil or vegan or dairy butter
- 1 tsp salt
- Pepper

## INGREDIENTS

- 1 package (240 g) frozen reindeer chafing (can substitute with seitan or

## AT HOME

Combine the cream, blackcurrant juice or jelly, broth concentrate, juniper berries, thyme, and soy sauce in a watertight container.

## AT CAMP

- Let the chafing thaw a little while you chop:



- Brush the mushrooms to clean them, and cut any big ones into slices using the best knife for the job.
- Peel and finely dice the onion using the best knife for the job.
- Heat a frying pan over medium-low heat.
- Put the mushrooms in the dry frying pan and cook until most of the liquid that releases has cooked away.
- Add the fat, put in the chafing and onion, and sauté until the chafing has browned (for meat) or most of the seitan liquid has cooked away (seitan).
- Add seasoned cream. Let everything simmer for a few minutes. Salt and pepper to taste. (It could be quite salty, so taste before adding more.) Stir in the lingonberries.
- Serve with mashed potatoes, rice, boiled potatoes, or pasta and a green salad.

## ABOUT REINDEER CHAFING



Northern Norway, Sweden, Finland, and Russia have been populated chiefly by the Sami people, who are distinct from both older Scandinavian and Finnish tribes as well as modern Norwegians, Swedes, and Finns. Their traditional way of life relies heavily on reindeer



herding, because agriculture is very difficult near the polar circle.

Reindeer chafing was originally made by hand. The frozen reindeer meat was taken out from under the snow and then cut into thin slices as soon as it was thawed, then cooked in a cast iron pan over an open fire using reindeer fat.



Even though this is originally a Sami dish, it is now a popular everyday dish in all three countries. All supermarkets carry frozen pre-sliced reindeer chafing, which makes this a quite quick weeknight dish to make!

