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BUREAU OF INDUSTRY

# REINDEER RECIPES



LEAFLET No. 48

U.S. DEPARTMENT OF  
AGRICULTURE

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# R E I N D E E R : : R E C I P E S

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THE reindeer herds of Alaska, introduced by Government agencies to supply food for the natives, have now developed until their keeping is looked upon as the most practical agricultural industry of Alaska. The Department of Agriculture became interested in it in July, 1920, when the Bureau of Biological Survey was authorized to conduct investigations, and since then studies have been made of various phases of range and herd management, time and method of slaughtering, cold-storage practices in Alaska, and shipment of carcasses.

These herds now furnish not only a large proportion of Alaska's meat supply but also increasing quantities for export. Marketed first in the Northwest, then on transcontinental trains and in metropolitan hotels, now, under improved refrigeration facilities and methods of handling, reindeer meat is being more generally distributed, and housewives are asking for information as to its use. In order to advise them intelligently, studies on the best methods of preparation have been undertaken by the Bureau of Home Economics, and the results are here given in the form of recipes.

In proximate composition reindeer meat differs little from beef or veal of the same grade. In general it contains less fat and slightly more protein. Feeding conditions vary so much from those prevailing elsewhere that differences in vitamin and mineral content are to be expected. The flavor is characteristic and different from beef or veal, gamy but not strong. The texture is fine, and most of the meat is tender.

The reindeer is different in size and shape from either beef cattle or sheep, and the cuts vary accordingly. The most desirable cut is the round. It may be used as steaks, but is the most satisfactory piece for roasting. The lower end of the round is less tender and can be used best as a pot roast or for making soup. The loin and rib cuts, thinner than in beef, make satisfactory small steaks or—from the smaller animal—chops. The tenderloin may be stripped out and used as such, and the other portion of the loin and the rib section after boning can be rolled and stuffed or made into cutlets. Rib chops similar to those from lamb and mutton can be cut from this portion if desired. The double loin may be prepared either boned or unboned as a saddle. The shoulder is larger than the corresponding part in either a small beef or a mutton carcass and makes a satisfactory roast if boned and stuffed. The foreshank and the knuckle portion of the neck and the foreleg may be used for stews or the larger portions for pot roasts. For quick cooking, the steaks, chops, and cutlets are most satisfactory.

Reindeer meat is shipped frozen and must be handled with the same care as any other frozen meat. It should be allowed to thaw slowly at a low temperature.

### *Broiled Reindeer Steaks and Chops*



*Boned rolled chop of reindeer wrapped with bacon*

Remove the fell from the steak or chops and wipe thoroughly. Grease the rounds of the broiler and place the meat on it about 2 inches from the flame. Sear on one side and then turn. When well browned on both sides lower the flame and cook more slowly until the meat reaches the desired doneness. A steak or chop 1 inch thick

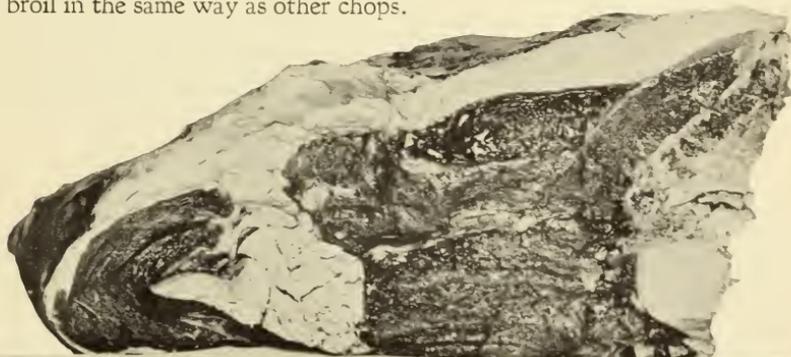
will require about 10 minutes to cook well done; if 2 inches thick, the time required will vary from 20 to 40 minutes, depending upon the degree of doneness desired. Place the broiled meat on a hot platter for serving, sprinkle with salt and pepper, pour melted butter over it, and garnish with watercress to be served with the meat.

### *Breaded Reindeer Cutlets*

Small steaks or chops from loin, rib end, rib, or shoulder may be prepared as cutlets. Wipe and cut into pieces suitable for serving. Dip into beaten egg to which 1 tablespoon of water has been added for each egg, roll in fine bread crumbs seasoned with salt and pepper, and allow the surface to dry. Cook the cutlets in hot fat until golden brown. Lower the heat and continue cooking until done. For cutlets 1 inch thick, 20 to 25 minutes total cooking time will be required. Drain on paper and serve garnished with parsley.

### *Rolled Reindeer Chops*

In the smaller animals the loin and rib cuts are too small for steaks and need to have fat added for successful cooking. These portions can be used best by cutting in pieces of the thickness desired and rolling in bacon. Skewer tightly in shape and broil in the same way as other chops.



*Loin of reindeer*

### *Tenderloin of Reindeer*

Tenderloin strips make a tasty dish. Wipe the meat with a damp cloth, season with salt and pepper, dust with flour, put in a lightly greased pan, place strips of salt pork or bacon over the top, and place in a hot oven (about 480° F.) for 15 minutes. Then reduce the temperature to 350° and continue the cooking from 30 to 40 minutes longer. Serve with tart cranberry sauce.

### *Boned Rib Roast of Reindeer with Apple Stuffing*

7 or 8 pound rib of reindeer, boned	½ cup chopped parsley	2 cups fine dry bread crumbs
½ cup diced salt pork	9 tart apples, diced	1½ teaspoons salt
1 cup chopped celery	1 cup sugar	¼ teaspoon pepper
1 cup chopped onion		

For the stuffing, fry the salt pork until crisp and remove the pieces from the skillet. Cook the celery, onion, and parsley in the fat for a few minutes and remove them. Put the apples into the skillet, sprinkle with the sugar, cover, and cook until tender, then remove the lid and continue to cook until the juice evaporates and the pieces of apple are candied. Mix with the apples the bread crumbs, crisp salt pork, cooked vegetables, salt, and pepper. Wipe the meat with a damp cloth, sprinkle with salt and pepper, pile the hot stuffing into the cavity, and sew the edges together. Sprinkle the outside with salt and pepper and rub with flour. Lay the stuffed roast on a rack in an open roasting pan and sear in a hot oven (480° F.) for 25 minutes, reduce the oven temperature, and continue to cook at moderate heat for about 3 hours, depending on the size of the roast and the degree of doneness desired.

Cranberry stuffing made as follows also goes especially well in a roast of reindeer:

### *Cranberry Stuffing*

½ cup finely chopped suet	1½ cups sugar	1½ teaspoons salt
1 quart cranberries, chopped	2 cups dry bread crumbs	¼ teaspoon pepper

Cook the suet until crisp in a skillet, add the cranberries, sprinkle with the sugar, stir, and cook until the cranberries are clear. Add the other ingredients, and when well blended pile into the roast.



*Boned rib of reindeer ready for stuffing*

### *Swiss Steak of Reindeer*

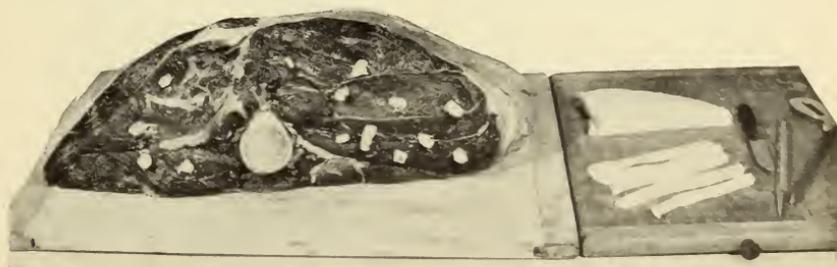
Less tender steaks or chops may need longer, slow cooking, and may be prepared as Swiss steak. The meat may be left in the form of steak or cut into portions for serving. Into each side pound as much flour as possible mixed with enough salt to season. Brown on both sides in a small quantity of fat, then add enough water or tomato juice and pulp to cover, and simmer until the meat is tender. This will require from one and one-half to two hours, depending upon the thickness of the steak.

### *Roast Round of Reindeer*

A leg of a very young reindeer may be roasted in the same way as a leg of lamb, but in the older animals it is too large and the variation in the meat in different portions is too great for such a method to be successful. The most satisfactory roast is cut from the upper end of the round, the thickness (5 inches or more) depending upon the size of roast desired. Such roasts will vary from 7 to 12 pounds. Roasts from fat animals may be cooked without larding. Wipe carefully, rub with salt, pepper, and flour, and place on a rack in an open pan. If a roast-meat thermometer is available, the cooking can be regulated more satisfactorily. The thermometer should be inserted so that the bulb is approximately in the center of the roast where the cooking will be slowest. Place the roast in a hot oven (480° F.) for 25 minutes to sear the outside and develop flavor. Lower the heat to about 250° F., and continue the cooking until the thermometer in the meat registers the desired temperature. A rare roast should be removed when the thermometer reaches 140°, continue to 160° for medium, and to 180° for well-done meat. The time will vary depending upon the size and the shape of the roast and the temperature at which the cooking is finished, but it will generally require about 25 minutes to the pound for the meat to cook to the rare stage.

### *Larding a Reindeer Round*

Some cuts need to be larded in order to supply the fat essential in developing flavor during cooking and in preventing excessive drying out. Salt pork is ordinarily used for larding. It can be done with a larding needle, or holes can be made for the insertion of the fat with an ordinary cork borer.



*Larded round of reindeer*



*Roast stuffed shoulder of reindeer*

### *Roast Boned Shoulder of Reindeer with Watercress Stuffing*

10 to 12 pound shoulder of reindeer, boned	8 cups bread crumbs
1½ cups chopped salt pork	2 teaspoons savory seasoning
4 cups chopped watercress	½ teaspoon pepper
2 cups chopped celery	2 teaspoons salt
1 cup chopped onion	

Fry the salt pork until crisp, remove it from the pan, and cook the watercress, celery, and onions in the fat for about 10 minutes. Add the bread crumbs, the fried salt pork, and the seasonings, and stir until well mixed. Wipe the meat with a damp cloth, sprinkle the inside of the pocket with salt and pepper, pile in the hot stuffing, and sew the edges together. Sprinkle the outside with salt and pepper, dust with flour, and place the meat on a rack in an open pan. Sear for 25 minutes in a hot oven (480° F.). Reduce the oven temperature to about 300°, and continue the cooking for 4 to 5 hours, depending on the size of the roast and the degree of doneness desired.

If more desirable to cook a smaller quantity of meat at a time, the shoulder may be cut in two after boning. Then only half the quantity of stuffing called for in the recipes will be needed. Salt pork stuffing made as follows is equally good in boned shoulder:

#### *Salt Pork Stuffing*

2 cups diced salt pork	8 cups dry bread crumbs
1 cup chopped celery	½ teaspoon celery seed
2 cups chopped onion	1 teaspoon savory seasoning
1 cup chopped parsley	2 teaspoons salt

Cook the salt pork until crisp and remove it from the fat. Cook the celery, onion, and parsley in the fat for two or three minutes, add the bread crumbs, seasonings, and the crisp pork. Stir until well blended and while hot pile into the roast.

### Reindeer Stew

2 pounds reindeer, cut in inch cubes	$\frac{1}{2}$ cup chopped onion	Flour
1 cup diced salt pork	2 tablespoons chopped green pepper	2 teaspoons salt
1 quart water	1 tablespoon chopped parsley	$\frac{1}{2}$ teaspoon savory sea- soning
1 cup chopped celery	2 potatoes, diced	1 bay leaf

Fry the salt pork until crisp and remove it from the fat. Roll the reindeer meat in the flour, cook it until brown in the fat from the salt pork, and transfer to a kettle. In the remaining fat cook the celery, onion, green pepper, and parsley for two or three minutes, and mix with the meat. Rinse the frying pan with the water and pour over the meat and vegetables. Add the savory seasoning and bay leaf, cover, and simmer until the meat is almost tender. Stir in the crisp salt pork and the potatoes. When the potatoes are done, serve the stew hot.

### Reindeer Pot Roast

2 to 3 pounds reindeer meat	4 turnips	1 teaspoon salt
$\frac{1}{2}$ pound salt pork	3 potatoes	$\frac{1}{4}$ teaspoon pepper
$1\frac{1}{2}$ cups water	2 large onions	1 bay leaf
4 carrots	2 tablespoons flour	

The shoulder clod or the lower end of the round are satisfactory cuts for pot roasting. Wipe the meat carefully, and lard it with salt pork. (See p. 5.) After larding, rub with flour, salt, and pepper. Try out enough of the remaining salt pork to make 2 or 3 tablespoons of drippings, and sear the meat in this fat. Remove the meat from the kettle and brown 2 tablespoons of flour in the fat. Place the meat on a low rack in the kettle, add  $1\frac{1}{2}$  cups water, cover, and cook at low heat until the meat is almost tender. Place the vegetables over and around the meat, cover, and cook until the meat and vegetables are done. Place the roast on a platter and arrange the vegetables around it. Thicken the gravy if necessary and serve hot with the meat.



Pot roast of reindeer with vegetables

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# REINDEER :: RECIPES

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## *Reindeer Liver*

Liver has been given increased emphasis in the diet because of the studies showing the advantages of its use in the cure and prevention of anæmia. It is especially desirable in children's diets. Increased demand increases the price. Now a new kind of liver comes to increase the supply. When properly prepared reindeer liver compares favorably in tenderness and flavor with other kinds.

## *Fried Reindeer Liver*

Slice the liver about one-half inch thick. Place in boiling water over a low flame for one minute, remove, sprinkle lightly with salt and pepper, dip in flour, and fry in any well-flavored fat to golden brown in five minutes.

## *Broiled Reindeer Liver*

Parboil slices of reindeer liver as for frying. Sprinkle with salt and pepper, dip in melted butter, and broil under a low flame for five minutes or more, depending upon the thickness of the slices. Place on a hot platter, and add melted butter before serving.



*Broiled reindeer liver*

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This leaflet is a joint contribution of  
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