

Arctic Blend infused caribou cutlets with mushrooms

4 servings

Ingredients:

225ml/1 cup of poultry broth*
2 bags of Arctic Blend Inuit herbal tea
15ml/1tbsp of butter
4 finely chopped dried shallots
120g/4oz. sliced mushrooms (Portobello, cep, etc.)
600g/21oz. Caribou sirloin cutlets
Pinch of celery seed
Pinch of mace
15ml/1tbsp of Canola oil
Salt and pepper to taste.

Serve with:

150g/5oz.
Pasta (rotini, etc.) cooked in salted water.

Cooking instructions:

Bring poultry broth to a boil. Remove from heat. Steep Arctic Blend tea bags in the broth and set aside.

Simmer dried shallots in butter- 2 to 3 minutes. Add mushrooms and cook on high, 2 to 3 minutes. Cover with poultry/Arctic Blend infusion. Bring to a boil. Pour off liquid and conserve. Set aside cooked mushrooms.

Season caribou cutlets with pepper, celery seed and mace.

Pan-fry caribou cutlets in canola oil- 3 to 5 minutes, according to desired consistency. Salt to taste. Remove cutlets and set aside until serving.

Pour poultry/Arctic Blend infusion into pan and reduce on high heat, 4 to 5 minutes.

Serving:

Mix mushrooms and part of liquid reduction with cooked pasta. Place cutlets and side servings of pasta on plates and drizzle with remaining liquid reduction.

**Poultry based broth: see Flaveurs vol. 1 no. 1, page 43.*