NORDIC · DINNER

# Poronkäristys (Finnish Sautéed Reindeer)

Poronkäristys

90 min | Serves 4 | 378 kcal a serve | Video 21:16 in Finnish · Pihvifriikki

Gluten-free ingredients | Nut-free

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Reindeer is a very lean red meat: about 40 g of protein and 3 g net carbs a serve, cooked with nothing but butter, salt and water.

**Diet notes:** Carnivore if you leave out the lingonberries, salt-pickled cucumbers and sugar; Low carb (3.1 g net carbs) but not keto: 55% of the energy is from fat, and keto meals get about 60% or more.

## Ingredients 8 · SERVES 4

- [ ] 700 g thinly **shaved reindeer meat** (poron käristysliha), from the roast or shoulder
- [ ] 60 g **butter**, for browning (in 3–4 batches)
- [ ] 1–1¼ tsp **salt** in all
- [ ] 500 ml **water**, plus a splash for the pans (it reduces by about half)
- [ ] 20 g **butter**, to finish
- [ ] **lingonberries**, lightly sugared, to serve (optional)
- [ ] about 1½ tsp **sugar** for the lingonberries (optional)
- [ ] **salt-pickled cucumbers** (suolakurkut), quartered lengthways, to serve

**Contains:** Milk. Check labels on stock, sauces and spice mixes.

## Method TIMES = THE MOMENT IN THE VIDEO

1. Tip the shaved reindeer onto paper towel and pat it as dry as you can; frozen meat releases a lot of liquid, and dry meat browns better. 4:08
2. Heat heavy pans until they smoke. Add about 15 g butter and a handful of meat at a time (don't crowd the pan), let it take a deep brown colour before tossing, and salt lightly. 4:41
3. Move each browned batch into a heavy pot. Pour a splash of water into the hot pans, scrape up all the browned bits and add them to the pot. 8:04
4. Add water until the meat is only just covered, with a little poking out; salt is the only seasoning. Bring to the boil, then simmer gently uncovered for 45–75 minutes until tender, topping up only if needed. 9:38
5. When the liquid has reduced to about half the volume of the meat, stir in the last 20 g butter and check the salt. 14:35
6. Pile the meat on warm plates with plenty of the juices, and serve with the lingonberries and pickles. 17:00

> **Tip** Serves 3–4. The video also makes the side, 'pottuvoi': floury puikula potatoes mashed with butter (800 g potatoes, 100–150 g butter for 3–4). Cauliflower mash keeps it lower in carbs. Venison works too but tastes milder.

The method is a summary in our words, in English — the video (in Finnish) shows every step.

## One serve gives you 1 OF 4 · ESTIMATE

| ENERGY | PROTEIN | CARBOHYDRATE | FIBRE | FAT | SODIUM |
|---|---|---|---|---|---|
| 378 kcal | 39 g | 3.9 g | 0.8 g | 22 g | 960 mg |
| 1,580 kJ | 79% of a day | 3.1 g net · 2.4 g sugars | 3% of a day | 13 g saturated | 42% of a day |
| | | 1% of a day | | 28% of a day | |

**Energy from** net carbs 3% · protein 43% · fat 54% — very low carb (under 10% of the energy from carbs)

**High in** (20%+ of a day) Vitamin B12 365% · Zinc 63% · Iron 46% · Selenium 33% · Vitamin B6 25%

**Source of** (10–19%) Vitamin A 16% · Vitamin K 13% · Omega-3 12%

**Recipe and video:** Pihvifriikki (@Pihvifriikki) on YouTube — youtube.com/watch?v=6Z7qSNHHiJY, published 18 January 2026. All credit for the recipe goes to the cook; please watch and support their channel.

**By Notbroken:** the method summary, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/poronkaristys-finnish-sauteed-reindeer