

Fattening the Curve

Part Three

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DRESSED HERRING



Ingredients

- 400g skinned pickled herring fillets or we like to mix 50/50 pickled herring with slightly salted herring in oil
- 3 boiled beetroots (you can buy already grated beetroot in a packaging, but it has to be in its own juice, not pickled)
- 3 boiled potatoes
- 3 boiled carrots
- 4 hard-boiled eggs
- 1 white onion
- 100g spring onion

For the dressing:

- 250g mayo
- 50g creme fraiche
- 1 tsp Mustard (can be skipped)
- 1 large pickled gherkin (can be skipped)

Colloquially known as 'Herring under a fur coat' (Latvian – 'Siļķe kažokā') is a traditional layered salad and always found on the table at special celebrations!

There are many variations on the recipe, but the main ingredients and method always remains the same. Goal Events share their take on it!

Combine with a Bloody Mary for a perfect hangover cure

Method

- Chop the herring into small pieces,
 - Grate potatoes, carrots, beetroot, egg, chop spring onion (keep the ingredients aside in separate dishes).
 - Prepare the dressing by grating the pickled gherkin and chopping the onions finely. Add mayonnaise, creme fraiche, mustard and mix well.
 - Now take the dish and start layering....
- Always start with the potatoes - that will give a solid base. Place the potatoes at the bottom of the dish, add a few spoonfuls of dressing and mix, evenly spreading out.

Now layer the carrots and add a layer of dressing on top.

Layer the herring along with another layer of dressing, followed by a layer of beetroot and the remaining dressing.

Finish with the last layer – eggs, and sprinkle spring onions on top.

Enjoy :-)

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FILLET OF VENISON AND WILD MUSHROOM SAUCE

Ingredients

For the Venison

500g/1lb 2oz venison fillet, trimmed and cut into 2.5cm/1in thick medallions
5 tbsp extra virgin olive oil
1 tbsp balsamic vinegar
1 carrot, finely chopped
1 onion, finely chopped
Salt and freshly ground black pepper

For the Sauce

100g/3½oz unsalted butter
2 small onions, very finely sliced
40g/1½oz dried morels, soaked in warm water for 2 hours, drained (reserve the water)
150g/5oz fresh porcini mushrooms, thickly sliced
2 tbsp balsamic vinegar
4 tbsp dry sherry
6 tbsp double cream
Salt and freshly ground black pepper

For You

Extra shot of sherry or glass of red wine 🍷



Method

- The day before cooking, place the venison in a dish and cover with three tablespoons of olive oil, all of the balsamic vinegar, carrot and onion. Season well with salt and freshly ground black pepper and place into the fridge to marinate overnight.

- For the sauce, heat a non-reactive frying pan until hot. Add the butter and onions and fry the onion for 2-3 minutes, until softened.

Add the morels and cook for 10 minutes.

Add the porcini and fry for a further 3-5 minutes. Add the balsamic vinegar, sherry and cream and simmer for 10 minutes. Season, to taste, with salt and freshly ground black pepper.

(The sauce may become quite thick, so add a little of the morel soaking water to the pan.)

To cook the venison, remove the venison from the marinade, pat dry with kitchen paper, then season well with salt and freshly ground black pepper.

Heat a separate frying pan until hot. Add the remaining two tablespoons of olive oil and the venison medallions. Fry the venison on each side for 3-4 minutes, until golden-brown on the outside, but still pink on the inside, or until cooked to your liking. Martin's recommendation – medium rare.

Serve with baked potatoes or mashed potatoes.

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The video player displays the CITITRAVEL logo and 'DMC • SPAIN & PORTUGAL' text. To the right is a house icon and the text 'at home!' in a cursive font. The main content area features a stylized Spanish flag and a recipe card icon with a wooden spoon. Below the video, a play button and the text 'A recipe to bring "Spain" home to you' are visible. The bottom control bar includes a play button, a volume icon, a progress bar showing '0:00 / 4:29', and icons for subtitles, settings, and full screen.

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RECIPES

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GILL'S CLEMENTINE CAKE



I make this cake as it is so versatile.

Serve it as a dessert with creme fraiche or just as a slice of cake to enjoy with a cuppa! It also keeps wonderfully well and tastes of one of my favourites... Marmalade!

Note: It helps to have a food processor for this one!

Ingredients

Serves: 8-10

- Approx. 375 grams clementines (approx. 4)
- 6 large eggs
- 225 grams white sugar
- 250 grams ground almonds
- 1 teaspoon baking powder

Method

- Put the clementines in a pan with some cold water, bring to the boil, partially with the lid and cook for 2 hours.
- Drain, discarding the cooking water, and, when cool, cut each clementine in half and remove the pips. Dump the clementines- skins, pith, fruit and all - and give a quick blitz in a food processor (or by hand, of course).
- Preheat the oven to gas mark 5/190°C/170°C Fan/375°F. Butter and line a 20cm / 8-inch Springform tin.
- Add all the other ingredients to the food processor and mix. Alternatively, beat the eggs by hand adding the sugar, almonds and baking powder, mixing well, then finally adding the pulped oranges.
- Pour the mixture into the prepared tin and bake for an hour, when a skewer will come out clean; you'll probably have to cover with foil or greaseproof after about 40 minutes to stop the top burning.
- Remove from the oven and leave to cool, on a rack, but still in the tin. When the cake's cold, you can take it out of the tin.

Serve with Crème Fraiche, Ice cream or Cream.

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