

game-to-eat



GIVE GAME A GO

Bored with beef? Fancy a change from chicken? Then it's time to give game a go! Whether you are planning a special treat or want a simple supper that's on the table in minutes, game will always fit the bill.

You'll find a huge selection of ready-to-cook game at your local butcher or supermarket. Tempt yourself with boneless, skinned, pheasant breasts - like chicken they can be cooked in a variety of ways. Or try cubed venison, ideal for a healthy casserole. Oven ready partridge and pheasant make a tasty roast while delicious low-fat venison sausages and mince are perfect for midweek suppers – the choice goes on.

Whichever you plump for, you are making a healthy choice. Game is wild and natural. It's also healthier than many red meats. For anyone on a low fat diet, venison makes a brilliant alternative to beef – just as tasty and extra lean.

To help inspire you, Game-to-eat, a campaign dedicated to increasing our enjoyment of game, has put together a selection of simple but tasty recipes. For a new twist on a family favourite that's just that little bit special, try the venison burgers – the kids will love them. Or ring the changes on curry by checking out the recipe for tandoori pheasant. When you're entertaining, Roast Venison with Lentils and Button Onions will be a winner with your guests – without leaving you feeling frazzled in the kitchen.

So if you're game for game to eat, turn the pages and get cooking!

NATURAL HEALTHY LOW FAT

TANDOORI PHEASANT

SERVES 4

PREPARATION TIME: 10mins

MARINADING TIME: 2 hrs

COOKING TIME: 10-15mins

INGREDIENTS

4 pheasant breasts

3 – 4 tbsps Tamarind & Ginger Tandoori Curry Paste

250ml natural yoghurt

TO SERVE

Basmati rice

Chopped coriander

Plum chutney

4 wooden skewers

Naan bread

METHOD

- Cut the pheasant breasts in strips. Mix the curry paste with natural yoghurt. Add the pheasant strips and stir well to coat all the pieces evenly.
- Cover with cling film and leave to marinade for about two hours (or overnight in the fridge).
- Remove the pheasant pieces from the marinade and thread onto the wooden skewers. Heat a little oil in a griddle or frying pan. Place the kebabs on the griddle and cook evenly on all sides.
- Garnish with coriander and serve with basmati rice and plum chutney.

TIP

Alternatively cook under a hot grill. Turn regularly to cook evenly.



ROAST PARTRIDGE

SERVES 4

PREPARATION TIME: 10mins

COOKING TIME: 30mins

INGREDIENTS

4 partridge, ready prepared
4 sprigs fresh thyme plus a few leaves
12 juniper berries
salt and freshly ground pepper
8 slices streaky bacon
mix of butter, olive oil for basting
selection of wild & exotic mushrooms
olive oil

TO SERVE

Braised cabbage
Mashed potato

METHOD

- Pre heat the oven to 200°C/400°F Gas Mark 6.
- Place 1 sprig of thyme, 3 juniper berries in the cavity of each bird and season with salt and pepper. Tie the legs together with string before cooking.
- Spread softened butter and oil over the birds and place a rasher of bacon on each breast. Put in a roasting pan and cook for 30 minutes. To check the birds are cooked, pierce with a skewer between the leg and breast. They are ready when the juices run clear.
- Pour some of the juice into a small saucepan and keep on a low heat. In the meantime heat a little olive oil and sauté a selection of wild mushrooms.
- Put the mushrooms on the plate together with the partridge and crispy bacon. Serve with a little of the heated juice, braised cabbage and mashed potato.

TIP

For a Mediterranean twist serve with cous cous and stir fried vegetables.



ROAST PHEASANT WITH LENTILS & BUTTON ONIONS

SERVES 4

PREPARATION TIME: 10mins

COOKING TIME: 35mins

INGREDIENTS

4 pheasant breasts
butter and olive oil
200g button onions, peeled and trimmed
1 clove garlic, peeled
salt and freshly ground black pepper
100g bacon pieces
Approx. 10g (1 dtsp) light brown sugar

LENTILS

250g green lentils, no soak variety
1 litre water
8 cloves garlic, peeled
200g smoked bacon trimmings or pieces
1 onion, peeled and spiced with
2 cloves
1 large carrot, peeled and cut into 4 lengthways
fresh herbs – sprig of thyme, 1 bay leaf, parsley (or bouquet garni)

1 chicken stock cube or fresh chicken stock
salt and freshly ground black pepper
parsley, freshly chopped, to garnish

METHOD

- Put the lentils in a large pan of water together with all the lentil ingredients. Bring to the boil, cover and simmer until tender. The cooking time is about 35 minutes (check with instructions on the pack). When the lentils are cooked, drain, remove the herbs and vegetables and keep some of the stock to serve with the pheasant.
- 10 minutes before the lentils are ready, heat the butter and oil in large pan and fry the pheasant breasts for about 3-4 minutes on each side. Remove from the pan and keep hot.
- If necessary use more oil, add the garlic, onions and bacon pieces and sauté until cooked. Add some of the stock to the pan and heat thoroughly.
- Slice the pheasant breasts and put on the serving plate with some of the onions, garlic and a little juice. Serve with the lentils sprinkled well with parsley.

TIP

For speed use canned lentils. For extra flavour sauté a little chopped onion, garlic and bacon pieces, add the lentils and heat thoroughly before serving.



VENISON STEAK WITH SALSA

SERVES 4

PREPARATION TIME: 15mins

COOKING TIME: 4-5mins either side

INGREDIENTS

4 venison steaks or 1 piece of venison fillet weighing approx 750g – 1kg
salt and freshly ground black pepper
olive oil and a knob of butter
Pappardelle pasta

SALSA

3 tomatoes, skinned, de-seeded and chopped
4 spring onions, peeled and chopped
1 clove garlic, peeled and chopped
½ cucumber, chopped
fresh mint, finely chopped
salt and freshly ground pepper
sprig of basil

METHOD

- Brush the venison steaks with a little olive oil and season. Cook under a hot grill on both sides. During grilling brush with a little oil and butter.
- To make the salsa mix all the ingredients together and season to taste.
- Cook the pasta according to the instructions. Drain and toss in oil. Serve the venison steak with pasta and some salsa.

TIP

Roast a whole fillet of venison in a hot oven 200°C/400°F/ Gas Mark 6 until tender and serve with a selection of roast vegetables, e.g. red and green peppers, whole onions, courgettes, aubergines. Makes a stylish dish for entertaining.



VENISON BURGER

SERVES 4

PREPARATION TIME: 15mins

COOKING TIME: 15-20mins

INGREDIENTS

500g coarsely minced venison
125ml of milk
1 handful of white breadcrumbs
½ a large onion, finely chopped
3 generous heads of parsley, finely chopped
3 egg yolks
Salt and freshly ground black pepper

METHOD

- Start by soaking the breadcrumbs in the milk. Place the minced venison in a large bowl. Add the parsley, onion, egg yolks, breadcrumbs, salt and pepper and mix thoroughly. Cover and put in the fridge until ready to cook.
- Using a little flour shape the burgers into rounds. This quantity should make 4 – 6 burgers. Cook under a pre-heated grill for about 5 minutes on each side or to your taste.
- Serve with salad and red onion relish.

TIP

For a change, serve topped with a fried egg or slices of a blue cheese e.g. Gorgonzola or Stilton and melt under a grill.



LIME FLAVOURED ROASTED PARTRIDGE

SERVES 4

PREPARATION TIME: 10mins

COOKING TIME: 30mins

INGREDIENTS

4 partridge, ready prepared
2 limes
butter or olive oil
4 rashers bacon
4 slices French bread
50g-75g paté (optional)

TO SERVE:

roast potatoes
rocket salad
redcurrant jelly, cranberry jelly or salsa

METHOD

Pre-heat the oven to 200°C/400°F/Gas Mark 6

- Spread butter or olive oil over the bird, season with salt and pepper and, allowing one rasher of bacon per bird, cut into four and place on the breast and legs. (If necessary stretch the bacon with the back of a knife). Using one lime, squeeze a little juice over each bird.
- Put in a roasting tin and cook for about 30 minutes. Check the birds are cooked by inserting a skewer into the breast. They are ready when the juices run clear.
- Ten minutes before the end of cooking, dip the bread into the hot oil next to the partridge and roast together with wedges of lime.
- Spread a little paté on each piece of bread and place the partridge on top. Serve with roast potatoes, salad and redcurrant jelly.

TIP

For convenience, use ready prepared roast potatoes or serve with mash seasoned with olive oil, garlic and herbs.





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