



game-to-eat
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STAY AHEAD OF THE GAME

Welcome to the new game season. This is an exciting time for food lovers with a huge variety of natural, wild game from the UK countryside now readily available - choose from pheasant, partridge, venison, grouse, quail, duck, pigeon, rabbit... the list goes on.

Game is everything meat should be - tasty, lean, healthy, easy to cook and, above all, versatile. Comforting casseroles, succulent roasts and super fast stir fries all lend themselves beautifully to the rich, full flavour of game.

Everyone loves quick and easy pasta dishes - but have you ever thought of turning pasta into something special with delicious venison sauce flavoured with red wine and rosemary? How about threading chunks of venison marinated with ginger, garlic, chilli and cinnamon on to skewers to make fabulous kebabs? Or wrapping tender young partridge in paper to cook so when the paper is opened, all the delicious aromas are released at the table?

You'll find the recipes for these and other exciting ways with game inside our new collection of recipes from Game-to-eat, the campaign dedicated to increasing our enjoyment of game.

Choose your meat from the huge selection of ready-to-cook game now available at your local butcher or supermarket. You'll find boneless pheasant breasts, which, just like chicken, can be cooked in a huge variety of ways. Cubed venison is ready to pop straight into a healthy casserole, while venison mince is perfect for healthy burgers and meat balls. Then there's low-fat venison sausages, plus a range of oven ready partridge and pheasant for a tasty roast.

Whichever you choose, you know you are getting a wild, natural and free range meat. Game is also healthier and lower in fat and cholesterol than many red meats. So start cooking to stay ahead of the Game!

PAN FRIED PHEASANT WITH SALSA VERDE AND SAFFRON MASH



4 pheasant breasts
2 tbsps olive oil
2 tbsps unsalted butter
Salt & freshly ground black pepper

SALSA VERDE

2-3 cloves garlic, peeled
1 tbsp capers (if poss non-parareille) left whole
4 pickled gherkins
6 anchovy fillets, chopped
Small bunch flat leafed parsley
Small bunch basil leaves
Small bunch mint
2 tsps Dijon mustard
3 tbsps red wine vinegar
6-7 tbsps extra virgin olive oil
Salt & freshly ground pepper
700g (1½ lb) potatoes

SAFFRON MASH

Milk
Salt & pepper
Knob of butter
Few saffron strands

1 To make the salsa put the garlic, capers, gherkins, anchovy fillets, herbs, mustard and about 1 tbsp of red wine vinegar into a food processor.

2 Whizz together until roughly chopped. Stir in the remaining vinegar, oil and season to taste. Cover and leave for the flavours to develop.

3 Melt the butter in a heavy based frypan add the oil and heat until nearly sizzling.

4 Season the pheasant breasts with salt and

pepper. Put in the frypan and fry for about 2-3 minutes on either side.

5 Infuse a few saffron strands in 1 tbsp hot water.

6 When the potatoes are cooked, drain well. Mash with enough milk to make the potato creamy. Season to taste and stir in the saffron.

7 Serve the pheasant breast with some of the salsa and mashed potato.

SERVES 4



VENISON KEBABS

WITH YOGHURT & CUCUMBER MARINADE



450g (1lb) venison, cut into 1 inch cubes

FOR THE MARINADE

2.5cm (1inch) piece of fresh ginger
2 cloves of garlic
1/2 tsp ground turmeric
1/2 tsp ground cumin
1/4 tsp chilli flakes
1/4 tsp ground cinnamon
6 black peppercorns, crushed
2 cloves
250ml (9fl oz) plain yoghurt
2 tbsp olive oil

FOR THE SAUCE

1/2 cucumber
275ml (10fl oz) plain yoghurt
1/4 tsp ground cumin
Lemon juice
Mint leaves
Salt & pepper to taste

TO SERVE

Plain boiled rice
Green salad

1 *Blitz all marinade ingredients, except the oil and yoghurt, in a food processor, or chop very finely.*

2 *Stir in the oil and yoghurt and add the cubed venison, mixing well to ensure all pieces of the meat are covered.*

3 *Leave to marinate in the fridge for several hours, preferably overnight.*

4 *Drain the meat and thread onto skewers so the cubes do not touch. Grill or barbecue for about 15 minutes, turning frequently and*

basting with the marinade.

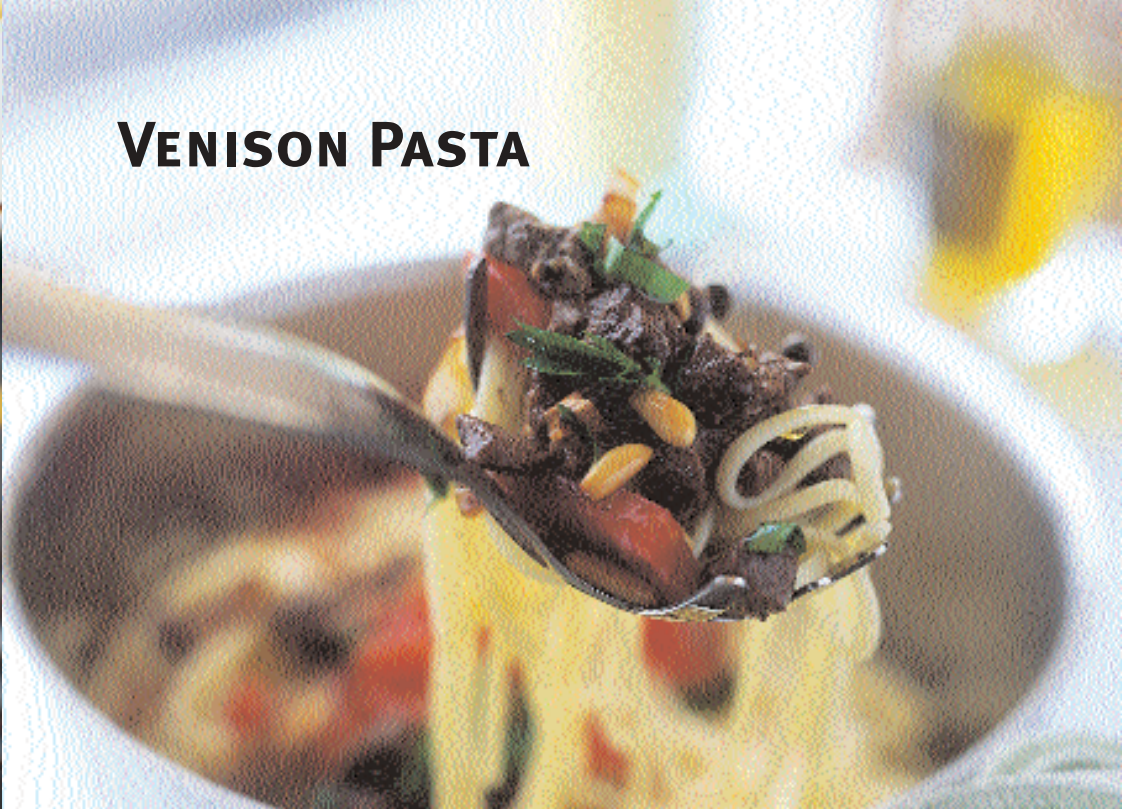
5 *For the sauce: coarsely grate the cucumber onto a plate, sprinkle with salt and leave for 30 minutes. Press the cucumber and pour away the excess liquid.*

6 *Stir into the yoghurt and add the ground cumin, chopped mint leaves and lemon juice. Season to taste.*

7 *Serve with rice and a fresh green salad.*

SERVES 4

VENISON PASTA



450g (1lb) venison

3 tbsps olive oil

Medium onion, peeled and finely chopped

2 large cloves garlic, peeled and crushed

2 x 400g (14oz) cans plum tomatoes, well drained

200ml (7fl oz) red wine

Sprig of rosemary

2 tsp sun dried tomato paste

Salt & freshly ground pepper

500g linguini

TO SERVE

Chopped chives

Pine nuts (optional)

1 *Heat 2 tablespoons of oil in a pan and lightly fry the onion and garlic.*

2 *Put the venison in a food processor and whiz to finely chop or chop finely by hand.*

3 *If necessary add the remaining oil to the pan and brown the venison in the pan.*

4 *Stir in the tomato, add the wine, rosemary, seasoning and cover and simmer until nearly cooked.*

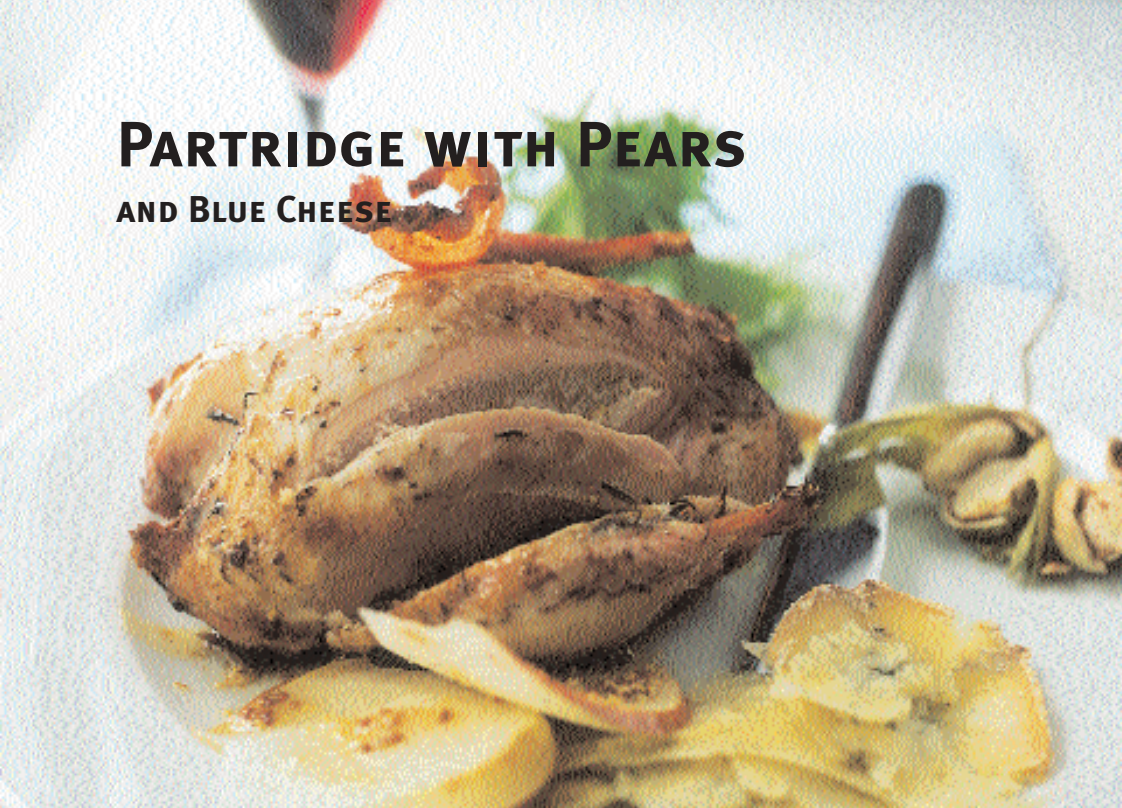
5 *Add the plum tomatoes and simmer for about another 10 minutes.*

6 *Cook the pasta according to the instructions on the packet. Drain well and toss in a little olive oil.*

7 *Serve the pasta with the venison sauce scattered with chopped chives and pine nuts*

SERVES 4

PARTRIDGE WITH PEARS AND BLUE CHEESE



4 partridges (1 per person)
3 tbsps soy sauce
150ml (5 fl oz) water
50g (2 oz) butter
Streaky bacon
2 medium pears, sliced
125g (4oz) Stilton or similar blue cheese
Salt & freshly ground black pepper
Wholegrain mustard dressing (optional)

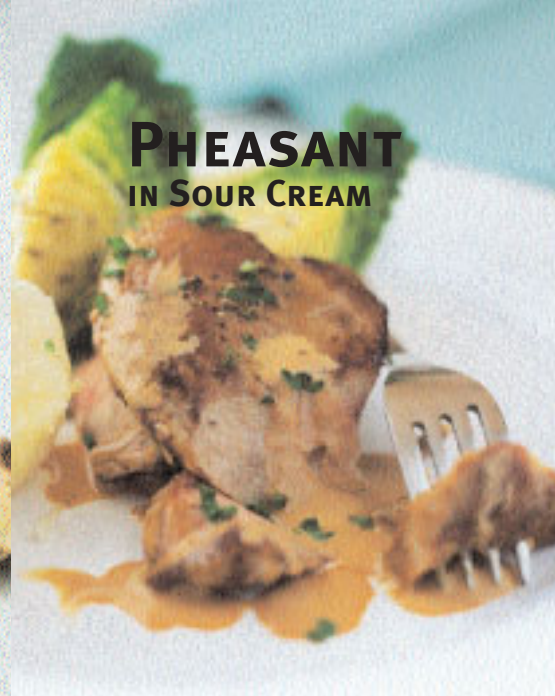
- 1 Preheat the oven to 200C/400F/Gas 6. Wipe the birds and place a knob of butter inside each of the birds. Cover with rashers of streaky bacon.
- 2 Put the birds in a roasting tin, mix the water and soy sauce together and pour into the bottom of the pan. Cover with foil
- 3 Place in the middle of the oven and cook for about 30 minutes. Remove the foil and cook for a further 10 minutes.
- 4 To prepare the pears: melt the remaining butter in

an oven proof dish and toss the pears in the hot butter. Return to the top shelf of oven for a further 10 minutes to soften and slightly brown.

- 5 The partridges are ready to serve when the juices run clear. Allowing one partridge per person serve with slices of pear, a little dressing (optional) and cheese shavings. Garnish with crispy bacon.
- 6 Serve with baby potatoes and sliced green beans.

SERVES 4

PHEASANT IN SOUR CREAM



4 pheasant breasts
2 tbsps olive oil
2 tbsps butter
250ml (9 fl oz) crème fraiche
1 tbsp paprika
2 tbsps chopped parsley to garnish

TO SERVE

Boiled potatoes
2 baby cabbages, lightly boiled and quartered
Caraway seeds (optional)

- 1 Heat the oil and butter together in a heavy based fry pan. Add the pheasant breasts and cook until tender. Approx 5 minutes on either side.
- 2 Add the crème fraiche and paprika and stir. Leave to simmer for 8 mins.
- 3 Serve onto a plate

and sprinkle with chopped parsley. Serve with potatoes and a quarter cabbage sprinkled with caraway seeds.

NB. For an alternative to cabbage why not use fresh green beans or broccoli.

SERVES 4


PARTRIDGE PAPER WRAPPED



4 young partridges
12 juniper berries
Handful fresh sage leaves
4 cloves of garlic, skin on
Salt & freshly ground black pepper
4 pieces pancetta (or streaky bacon)
4 sprigs fresh rosemary
50g (2oz) butter
plus extra for greasing

- 1 Preheat oven to 180C/350F/Gas 4. Wipe the partridges inside with a damp cloth.
- 2 Put a quarter of the butter, 3 juniper berries, a couple of sage leaves, a garlic clove and a pinch of salt in the cavity of each bird.
- 3 Season with salt and pepper. Put a sprig of rosemary on top of each bird and hold in place with a piece of pancetta draped
- 4 Wrap each bird in buttered greaseproof paper, place in a roasting tin or oven proof dish and cook for about 30 minutes, or until juices run clear.
- 5 Remove paper, being careful not to spill the fragrant juices, and serve with mashed potatoes and green beans

SERVES 4



*This recipe booklet has been produced
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