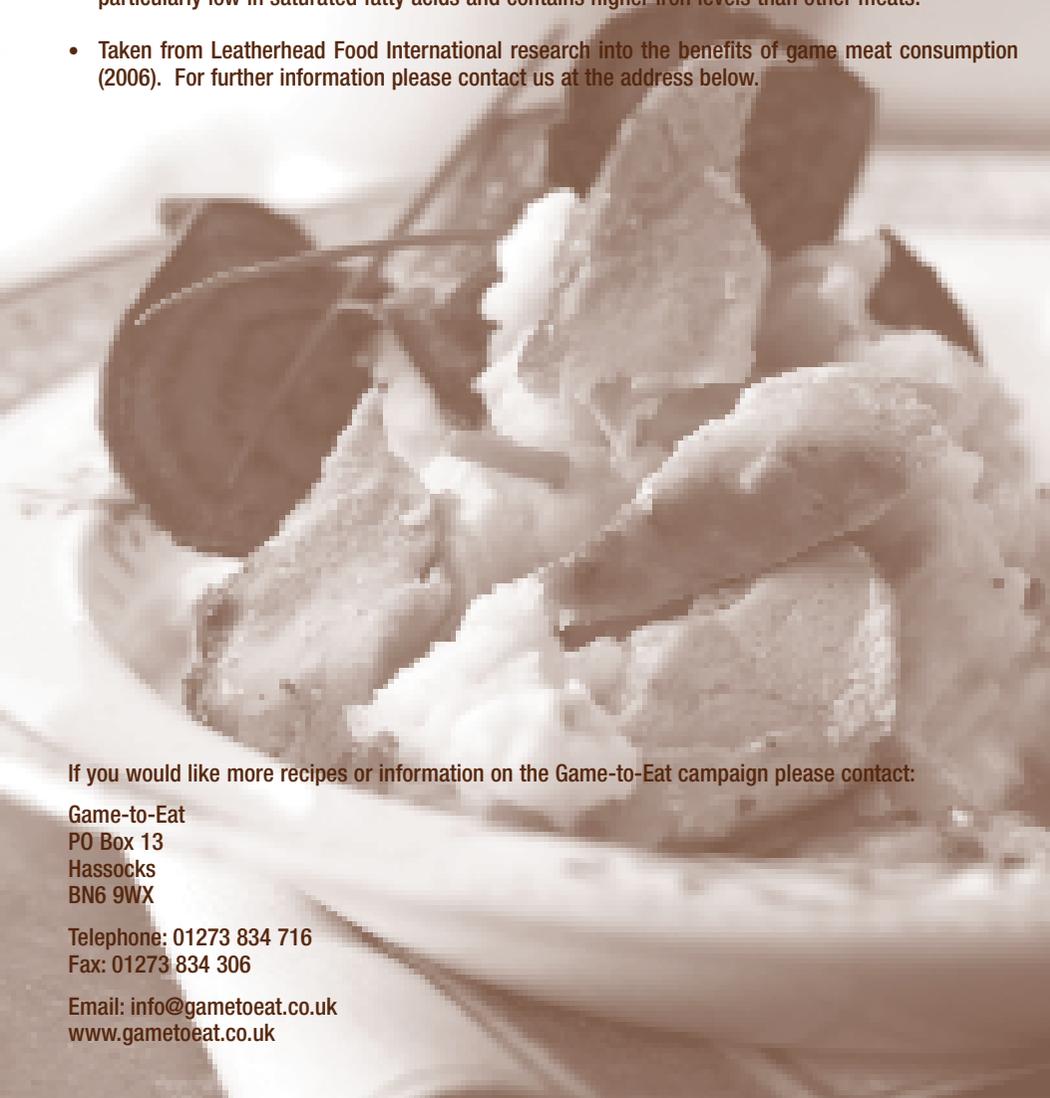


- Pheasant and partridge are particularly high in protein and low in fat, cholesterol and sodium, making them a healthy food choice. They also contain high levels of iron, Vitamin B(6) and selenium. Selenium is an important part of our diet, that we often lack, and helps protect cells from damage caused by free radicals.
- Venison is high in protein, low in fat and has fewer calories than other red meats. Venison is also particularly low in saturated fatty acids and contains higher iron levels than other meats.
- Taken from Leatherhead Food International research into the benefits of game meat consumption (2006). For further information please contact us at the address below.

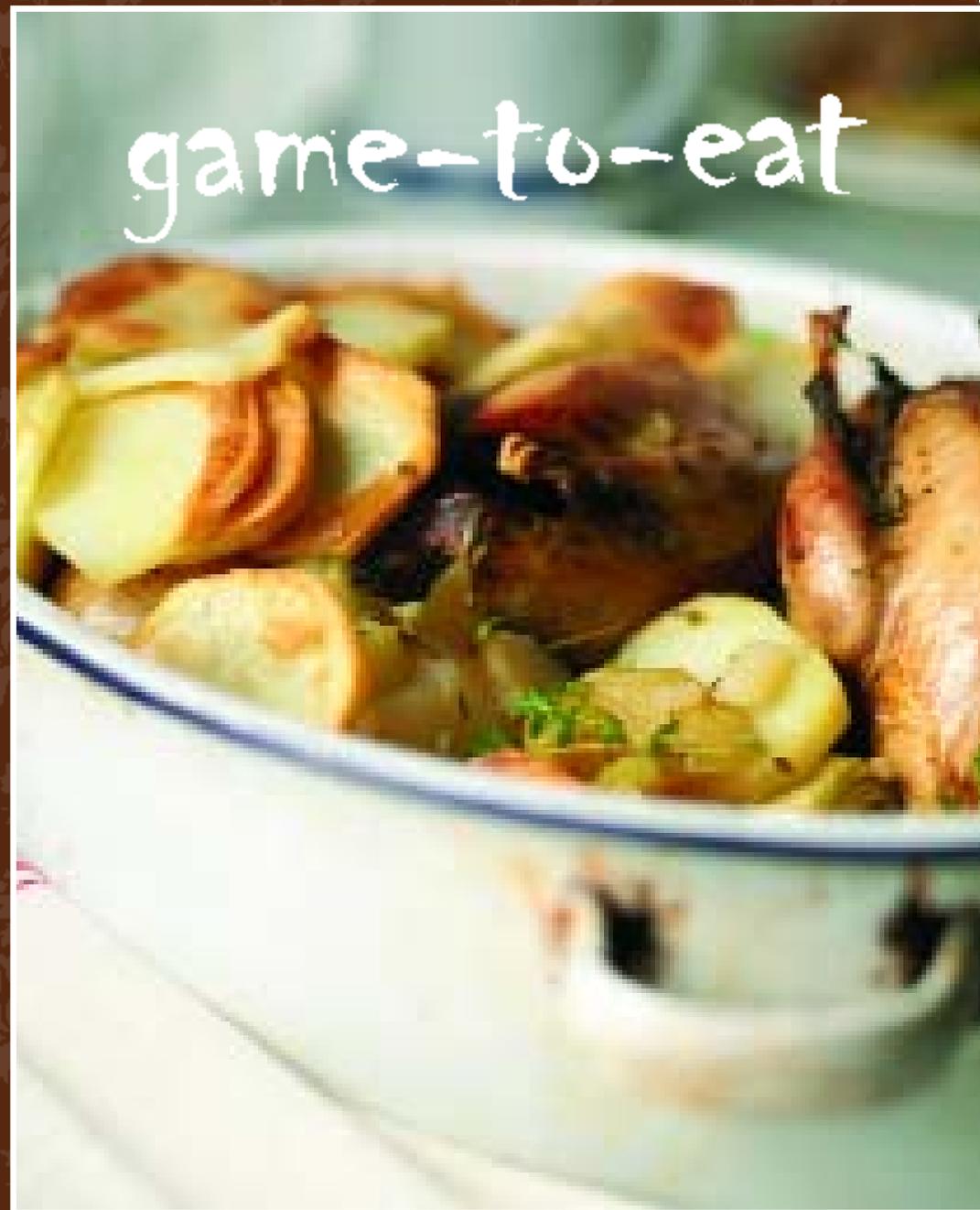


If you would like more recipes or information on the Game-to-Eat campaign please contact:

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VENISON CASSEROLE WITH BEER



Serves: 4

900g boned venison shoulder | 2 tbsp oil | 2 onions, peeled and roughly chopped | 150g piece smoked streaky bacon or pancetta diced | 1 tbsp plain flour | 300ml beef or venison stock | 300ml brown ale | 2 tsp soft light brown sugar | 2 garlic cloves, peeled and crushed | 1-2 bay leaves | 2 sprigs of thyme | roasted baby carrots to serve

1. Preheat the oven to 130C/Gas Mark 2. Cut the venison into 3cm/1 1/2 in cubes, discarding any gristle and sinew. Heat 1 tbsp oil in a flameproof casserole. Fry the venison in batches for 5-6 mins until browned on all sides, adding a little extra oil as necessary. Transfer to a plate with a slotted spoon.
2. Add onions to the casserole and fry for 2-3 mins, stirring occasionally until lightly browned, add the bacon and fry for a further 2 mins. Return all the meat and any accumulated juices to the pan. Add the garlic then stir in the flour. Gradually stir in the stock and ale scraping up any juices stuck to the bottom of the pan. Heat, stirring until simmering.
3. Add in the sugar, bay leaves and thyme and season with freshly ground black pepper. Cover the casserole with a tight fitting lid or foil and cook in the oven for at least 2 hours or until the meat is tender. Serve with roasted baby carrots.

PARTRIDGE HOT POT



Serves: 4

2 tbsp light olive oil or vegetable oil | 4 oven ready partridges | 1kg medium size potatoes, peeled and thinly sliced | 2 leeks, sliced | 2 tbsp plain flour | 300ml chicken or vegetable stock | 150ml medium dry cider | 1 tsp soft light brown sugar | 3-4 sprigs tender young thyme, roughly chopped | 25g butter

1. Preheat the oven to 160C/Gas Mark 4. Heat 1tbsp oil in a flameproof casserole and fry the partridges for about 5 mins, turning several times until well browned on all sides. Transfer to plate. Meanwhile par-boil the potato slices in a large pan of boiling water for 2 mins only. Drain and rinse in cold running water.
2. Add the remaining oil to the casserole, fry the leeks for 3-4 mins, stirring occasionally until browned. Stir in the flour, scraping up any juices stuck to the bottom of the pan. Remove from the heat; gradually stir in the stock and then the cider, thyme and brown sugar.
3. Return the partridges to the casserole, pushing them amongst the vegetables. Season with salt and freshly ground black pepper. Cover with overlapping slices of potato and dot with the butter. Bake for 1 1/4 - 1 1/2 hours or until the potatoes are tender and golden brown.

PHEASANT WITH PARSNIP AND APPLE MASH



Serves: 4

Mash: 750g floury potatoes such as Maris Piper | 225g parsnips | 1 large Cox's or Granny Smith's apple, peeled, cored and cut into chunks | 25g butter | 3 tbsp crème fraîche | 2 tbsp each chopped fresh chives and parsley

Pheasant: 15g butter, softened | 2 tsp plain flour | 4-6 pheasant breast fillets/supremes | 2 tsp olive oil | 50ml white wine | 200ml chicken stock | root vegetable crisps to garnish

1. Mash: Peel the potatoes and parsnips, cut into even size chunks. Boil in separate pans of lightly salted boiling water for 15-20 mins until tender, adding the apple to the parsnip pan for the final 5 mins drain well.
2. Return to one pan. Stir over a low heat for 1 min to drive off the excess moisture. Remove from the heat and mash with butter. Stir in the crème fraîche, herbs and seasoning. Keep hot until ready to serve.

3. Pheasant: Mix the butter and flour together in a small bowl or cup. Set aside. Heat the oil in a non stick or heavy based frying pan. Add the pheasant breasts, skin side down and fry over a medium-high heat for 1 min until golden brown. Turn over. Add the wine to the pan. Allow to boil rapidly for a few seconds until reduced by about two thirds.
4. Pour in the stock and reduce the heat. Cook at simmering point for a further 5 mins until the pheasant breasts are just cooked through, then remove them from the stock and keep warm.
5. Turn up the heat, whisk the butter and flour mixture into the stock in small pieces, continue whisking until the sauce boils and thickens slightly. Serve the sliced pheasant breasts on the mash with the wine sauce and root vegetable crisps to garnish.

VENISON SALAD



Serves: 4

3 tbsp sherry vinegar | 1 tsp Dijon mustard | 2 tbsp very finely chopped red onion | 6 tbsp olive oil | 2 tbsp walnut oil | 150g French beans, trimmed | 4 tsp black peppercorns, crushed | 4 (150-175g) venison fillet steaks | 1 (120g) bag mixed salad leaves | 8-10 basil leaves, large ones torn in half | 175g blackberries | 100g redcurrants

1. Whisk the sherry vinegar and mustard together in a small bowl. Whisk in the remaining olive oil, the walnut oil and red onion. Season with salt and freshly ground black pepper. Set aside for 30 mins, this gives the flavours time to develop.
2. Cook the French beans in a pan of boiling, lightly salted water for 3 mins until just tender. Drain and rinse in cold water. Place in a large bowl with the salad and basil leaves.

3. Heat a heavy based frying pan or griddle pan until smoking hot. Season the venison steaks with the peppercorns, pressing them firmly into the meat. Cook for 3 mins each side for rare steaks or until cooked according to taste. Transfer to a board. Rest for 5 mins, then slice.
4. Meanwhile add the blackberries and redcurrants to the pan and warm through. Give the dressing a final whisk, drizzle half over salad and gently toss together with the warmed fruit. Arrange on individual serving plates with the sliced venison. Serve straight away with the remaining dressing.

PHEASANT WITH ROAST PEPPER PAPPARDELLE



Serves: 4

2 red peppers and 2 long marmara or green peppers, deseeded and thickly sliced | 3 garlic cloves, peeled and thinly sliced | 2 tbsp olive oil | 1 1/2 tsp cumin seeds, crushed | 5 tbsp medium dry white wine | 4 vine ripened tomatoes | 4 pheasant breast fillets, halved | 250g dried pappardelle pasta | 40g butter | 3 tbsp chopped fresh coriander plus a few extra sprigs | crusty bread to serve (optional)

1. Preheat the oven to 180C/Gas Mark 6. Toss together the peppers, sliced garlic, 1 tbsp olive oil and 1 tbsp wine and the crushed cumin seeds in a large roasting tin, Spread out in a single layer and season. Roast for 20 mins until lightly charred at the edges, stirring in the tomatoes half way through.
2. Meanwhile, heat the remaining oil in a heavy based frying pan. Fry the pheasant breasts over a high heat for 1 min each side until browned. Add to the roasting tin pushing them amongst the peppers. Pour the remaining wine over the top.
3. Return to the oven for 8-10 mins until cooked through and the vegetables are tender. Transfer the pheasant to a board and slice.
4. Meanwhile cook the pasta in a large pan of lightly salted boiling water for the time stated on the packet. Drain well. Return to pan and toss with the butter until melted. Add the sliced pheasant, chopped coriander, vegetables and juices from the roasting tin. Serve straight away with crusty bread if liked.

PARTRIDGE RISOTTO



Serves: 4

2 plump oven ready partridges | 50g butter | 1 onion, peeled and finely chopped | 300g Arborio rice | 100ml dry white wine | 1 litre hot chicken or vegetable stock | 1 tbsp garlic flavoured olive oil | 50g freshly grated Pecorino (or Parmesan) cheese | large handful of baby spinach leaves | large handful of wild rocket | shavings of Pecorino cheese to serve

1. Remove the breasts from the partridges (ask your butcher to do this for you). Set the breasts to one side. Skin the leg joints and slice the meat from the bone then chop the meat into small pieces.
2. Melt half the butter in a heavy-based pan. Add the onion and partridge leg meat, cook gently for 5 mins, stirring occasionally until the onion has softened. Pour in the wine and boil rapidly until almost completely evaporated. Add the rice and cook, stirring until the grains are all coated in the buttery juices.
3. Add a ladleful of the hot stock and simmer, stirring until absorbed. Continue adding the stock, a ladleful at a time until the rice is tender but still retains some bite – this will take about 20 mins.
4. Heat the garlic olive oil in a heavy based frying pan and fry the partridge breasts for 2-3 mins each side until golden brown and just cooked through. Transfer to a board and slice.
5. Stir the remaining butter and grated Pecorino cheese into the risotto until melted, then stir in the spinach and rocket. Season to taste with salt and freshly ground black pepper. Top with the sliced breast meat and wild rocket to garnish. Serve straight away with shavings of Pecorino cheese.