



See www.essentialcuisine.com/homechef
for product information, tips and stockists.

essential
cuisine



For further information please contact:

Old Town Hall, 367 Kennington Road, London SE11 4PT

T: 0207 840 9217

E: info@gametoeat.co.uk

For more quick and easy recipes, cookery webcasts and to
sign up for the Game-to-Eat newsletter visit

www.gametoeat.co.uk

Follow us @GametoEat



burton
sous vide
style - passion - taste

www.burtonsousvide.co.uk
the perfect way to cook game.

**COUNTRYSIDE
ALLIANCE**

The voice of the countryside

game-to-eat

www.gametoeat.co.uk



Delicious dishes using British game

Lee Maycock



Wild British game. Fresh, simple, natural, healthy, wild... Possibly organic, arguably free range, foraging on nature's larder. Game is amazing, abundant, tasty and always available. Wild food is very in vogue at present and will be for years to come, plus the comfort of knowing it's free from insecticides, pesticides, herbicides, growth hormones, antibiotics, and other unnecessary artificial additives. Seasonal cookery with natural food is how it should be, it's how it all started.

Looking at the benefits through health & nutrition, game is very low in cholesterol, very high in iron & B minerals, and also contains selenium, which makes you happy.

Wild British game is natural, delicious and not expensive, a rare combination today. The recipes contained in this leaflet are an eclectic mix of tradition and innovation, which I hope you enjoy. They showcase how simple but versatile game can be. The overriding message for the Countryside Alliance's Game-to-Eat campaign is to encourage the buying, cooking and enjoyment of British Game.

Every year we develop 12 new game recipes to promote the Countryside Alliance's Game-to-Eat initiative and to be honest the challenge is to keep it to 12 as game is so diverse and lends itself to so many culinary applications.

Lee Maycock

Vice Chairman of the Craft Guild of Chefs



We hope you enjoy these recipes and if you are interested in any further recipes or information about wild game please get onto the Game to Eat website (www.gametoeat.co.uk) or get in touch at info@gametoeat.co.uk.

Black Pudding Pheasant Eggs



Ingredients

12 pheasant eggs
500g black pudding
150g panko breadcrumbs
50g flour
1 egg
Cornish sea salt
Milled black pepper

Serves 4

Method

- Soft boil the pheasant eggs for 2-3 minutes then place in cold water and peel carefully
- Place the black pudding between two sheets of cling-film and roll out to even thickness
- Wrap each egg with the rolled out black pudding and place into the flour
- Flour the eggs well and place into egg wash
- Remove from egg wash and roll in the breadcrumbs until completely covered
- Deep fry in hot oil until golden brown
- Serve with a little watercress mayonnaise

Hay Baked Pheasant



Ingredients

2 oven-ready pheasants
2 celeriac
500ml cider
Fresh hay
Cornish sea salt
Milled black pepper

Serves 4

Method

- Sear the pheasant and celeriac in a hot pan and season well
- Soak the hay in cider
- Place the hay in a roasting tray and nestle the pheasant and celeriac inside and cover
- Roast in a hot oven 180°C for 50 minutes (depending on size)
- Remove from the oven and allow to rest for 20 minutes before serving
- Remember the pheasant will carry on cooking with the residual heat

Duck and Orange



Ingredients

2 duck breasts
4 duck eggs
2 oranges
100g mixed salad leaves
50g almonds
50g marcona almonds
20ml honey
Cornish sea salt
Milled black pepper

Serves 4

Method

- Season and sear the duck in a hot pan and cook for a few minutes each side, depending on size, then set aside
- Soft boil the duck eggs for 6 minutes, remove the shell and cut in half
- Peel and segment the oranges and drain on some kitchen towel
- Arrange the salad, duck, orange, almonds and eggs then season
- Drizzle over a little honey

Duck Pie



Ingredients

8 duck legs
200g chopped red onion
20g fresh chopped garlic
10g fresh thyme
50g prunes
100ml chicken/game stock
(Essential Cuisine)
600g mashed potato
200g hispi cabbage
Cornish sea salt
Milled black pepper

Serves 4

Method

- Season and sear the duck in a hot pan then roast in the oven 140°C for 3 hours
- Remove from the oven and allow to cool slightly before taking all the meat off the bone
- Sauté the onion and garlic and add the flaked duck, thyme and prunes
- Pour over the stock and bring to the boil
- Place into a serving dish and pipe on the potato
- Place under the grill to colour and serve with some hispi cabbage

Slow Roasted Shoulder of Venison



Ingredients

1 venison shoulder
Chopped fresh lemon thyme
Cornish sea salt
Milled black pepper

Serves 4

Method

- Place the shoulder in a roasting tray and season well then sprinkle over the chopped thyme
- Roast in the oven 160°C for 3 hours
- Remove from the oven and allow to rest for at least 30 minutes
- Add a little extra fresh thyme before serving

Slow Roasted Shoulder of Venison Bruschetta



Ingredients

1 venison shoulder
(400g needed)

10g chopped fresh
lemon thyme

200g tomato concasse

100g chopped red onion

5g picked fresh lemon thyme

8 soda bread slices

Cornish sea salt

Milled black pepper

Serves 4

Method

- Place the shoulder in a roasting tray and season well then sprinkle over the chopped thyme
- Roast in the oven 160°C for 3 hours
- Remove from the oven and allow to rest for at least 30 minutes before flaking all the meat off the bone toast the soda bread until golden
- Mix the tomato, onion, thyme and flaked venison together
- Place the tomato mix on the soda bread and warm through in the oven for a few minutes
- Drizzle with a little olive oil and sprinkle over some extra sea salt before serving

Venison Sausage Bread Pudding



Ingredients

12 venison sausages
50g caramelised red onion
1 small crusty loaf
6 eggs
500ml milk
10ml rapeseed oil
20g chopped thyme
Cornish sea salt
Milled black pepper

Serves 4

Method

- Heat a roasting tray and sear the venison sausages in the oil until they start to colour
- Dice the loaf into chunky pieces and add to the sausages
- Add the chopped thyme, red onion and season
- Whisk the eggs and milk together
- Pour the batter over the sausages and bake in a hot oven 220°C for 20 minutes
- Remove from the oven and serve

Rabbits and Carrots



Ingredients

1 large rabbit
1L vegetable stock
2 crushed garlic cloves
10g thyme
1 star anise
10g chopped chives
100g carrot puree
50g shaved carrots
100g cooked baby carrots
Cornish sea salt
Milled black pepper

Serves 4

Method

- Cut the rabbit into three (front shoulders, saddle, back legs) and place in a saucepan
- Cover with the stock, add the garlic, thyme and star anise
- Simmer for 1 hour until the meat falls off the bone
- Remove from the heat
- Remove all the meat from the rabbit and place into bowl, season well and fold in the chopped chives
- Pot the rabbit and serve with the carrots, 3 ways

Grouse Sandwich



Ingredients

8 grouse breasts
4 black pudding slices
4 soda bread slices
100g mixed salad leaves
Lemon oil
Cornish sea salt
Milled black pepper

Serves 4

Method

- Season and sear the grouse in a hot pan and cook for a few minutes each side (depending on size) then set aside
- Grill the black pudding slices
- Toast the soda bread
- To build the sandwich place the soda bread on a plate and top with the black pudding
- Arrange the salad on the black pudding and place the grouse on top. Season and drizzle over a little lemon oil

Shank, Rump and Rack



Ingredients

- 1 venison rump
- 1 venison rack
- 1 venison shank (cooked)
- Beef/veal stock
(Essential Cuisine)
- Cornish sea salt
- Milled black pepper

Serves 4

Method

- Cut the rump into 4 steaks
- Cut the rack into 4 and trim well
- Remove all the meat from the cooked shanks and heat through in the oven
- Season and sear both the steaks in a hot pan and roast in a hot oven 220°C for 4 minutes
- Remove the rack and cook the rump for another 2 minutes
- Remove and allow to rest for at least 6 minutes
- Place onto a wooden board
- Serve with some stock and watercress

Pot Roasted Partridge, Bacon & Beans



Ingredients

4 oven-ready partridges
50g peeled diced carrots
50g whole peeled shallots
200g diced smoked bacon
50g cannelloni beans
50g borlotti beans
1L chicken/game stock
(Essential Cuisine)

Serves 4

Method

- Sear the partridges in a hot pan (with fitted lid) and season well
- Remove them and set aside
- Add the shallots, bacon and carrots to the pan and sauté for a few minutes
- Return the partridges and add the beans and stock
- Place on the lid
- Cook in a hot oven 180°C for 30 minutes (depending on size)
- Allow to rest then serve in china bowls

Wood Fired Wood Pigeon



Ingredients

8 wood pigeon breasts

100g watercress

Cornish sea salt

Milled black pepper

Serves 4

Method

- Season the wood pigeon and set aside
- Build a small fire with kindling, oak and woody rosemary stalks
- Once the flame has left red hot embers, cook the pigeon over the heat
- Serve with the watercress and a little lemon oil

Game Seasons



Game can only be shot during specific times of the year.
Here is a guide to when game is in season.

Grouse:	12th August (Glorious Twelfth) to 10th December
Partridge:	1st September to 1st February
Duck and Goose:	Inland – 1st September to 31st January. Below High Water Mark – 1st September to 20th February (31st January N. Ireland)
Pheasant:	1st October to 1st February
Red Deer Stag:	1st August to 30th April (England, Wales and Northern Ireland) 1st July to 20th October (Scotland)
Red Deer Hind:	1st November to 31st March (England, Wales and Northern Ireland) 21st October to 15th February (Scotland)
Sika Deer Stag:	1st August to 30th April
Sika Deer Hind:	1st November to 31st March (England, Wales and Northern Ireland) 21st October to 15th February (Scotland)
Fallow Buck:	1st August to 30th April
Fallow Doe:	1st November to 31st March (England, Wales and Northern Ireland) 21st October to 15th February (Scotland)
Roe Buck:	1st April to 30th October (England and Wales) 1st April to 20th October (Scotland)
Roe Doe:	1st November to 31st March (England and Wales) 21st October to 31st March (Scotland)
Chinese Water Deer:	1st November to 31st March

