



# **Game to Eat**

## **RECIPES**



**A HEALTHY AND  
TASTY ALTERNATIVE**

# WILD ROCKET & RABBIT RAREBIT



## Ingredients – Serves 4

- 4 Thinly Diced Rabbit Fillets
- 4 Slices of Soda Bread
- 60g Chopped Onion
- 20g Wild Rocket
- 10g Chopped Chives
- 50g Grated Cheddar
- 100ml Béchamel
- Cornish Sea Salt
- Milled Black Pepper

## Method

Sauté the rabbit with the onion and season well

Mix the rabbit with the cheese, béchamel chives and rocket

Toast one side of the bread then spread the rabbit mix on the other side

Grill until the cheese melts and serve



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# ROASTED HAUNCH OF VENISON, WILD GARLIC PESTO

## Ingredients

– Serves 4

- 1 Venison Haunch (Roe)
- 100g Wild Garlic Leaves
- 50g Smoked Garlic
- 30g Parmesan
- 30g Pine Nuts
- 100ml Olive Oil
- Cornish Sea Salt
- Milled Black Pepper

## Method

Blend the wild garlic leaves, smoked garlic, parmesan, pine nuts and olive oil until blended but still chunky

Season the venison and sear in a hot pan for two minutes each side

Cover the haunch with the pesto

Place into a hot oven and roast for 90 minutes at 180°C

Remove from the oven and allow to rest for 20 minutes



# WOOD PIGEON, PEAS, BEANS & ASPARAGUS



## Ingredients – Serves 4

- 8 Wood Pigeon Breasts
- 200g Fresh Garden Peas
- 100g Broad Beans
- 1 Bunch English Asparagus
- 20g Shaved Parmesan
- Lemon Oil
- Cornish Sea Salt
- Milled Black Pepper

## Method

Season the wood pigeon and cook over hot BBQ for two minutes each side

Remove from the BBQ and allow to rest for a further two minutes

Cook the peas, beans and asparagus in boiling salted water until just cooked, drain well then drizzle over a little lemon oil and season

Place the greens into a bowl and top with the BBQ wood pigeon, serve with a little shaved parmesan



# BBQ GROUSE, SOURDOUGH & CHARRED LEAVES

## Ingredients

– Serves 4

- 8 Grouse Breasts
- 8 Pieces of Sourdough
- 4 Chicory
- 2 Radicchio
- 10g Fresh Chopped Chives
- Lemon Oil
- Cornish Sea Salt
- Milled Black Pepper

## Method

Season the grouse and cook over hot BBQ for two minutes each side

Remove from the BBQ and allow to rest for a further two minutes

Split the chicory in half lengthways and BBQ until a little charred

Also BBQ the radicchio leaves

Lastly BBQ the sourdough

Place the grouse and charred leaves on the bread and drizzle over a little lemon oil and chopped chives to serve



# VENISON LIVER PARFAIT, WITH PRUNE, RAISIN & DAMSON GIN AND GRILLED SOURDOUGH



## Ingredients

– Serves 4

- 300g Diced Venison Liver
- 100g Chopped Onion
- 30g Chopped Garlic
- 150g Melted Butter
- 250ml Double Cream
- 50g Pitted Prunes
- 50g Raisins
- Damson or Sloe Gin
- Cornish Sea Salt
- Milled Black Pepper

## Method

Place the prunes and raisins in a bowl and cover with the damson gin and leave overnight to soak

Sauté the liver in a hot pan with the onion and garlic until just cooked but still pink and season well

Place the liver in a blender and liquidise until smooth, pour in the melted butter and double cream

For really smooth parfait pass through a sieve

Place the soaked fruit into ramekins

Pour over the parfait mix and chill

Serve with Grilled Sourdough



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# SPICY PARTRIDGE SATAY

## Ingredients

– Serves 4

- 8 Partridge Breasts
- 50g Peanut Butter
- 10g Chopped Chillies
- 10g Chopped Ginger
- 10g Chopped Garlic
- 10ml Soy Sauce
- 10ml Sesame Oil
- 10g Chopped Coriander
- Cornish Sea Salt
- Milled Black Pepper

## Method

Mix the peanut butter with chilli, ginger, garlic, soy, sesame, and coriander to make the sauce, season well

Dice the partridge in equal pieces and place onto bamboo sticks, marinade in a little olive oil and chopped coriander

Season the partridge and sear in a hot pan or over a chargrill for two minutes each side

Remove from the grill and allow to rest for two minutes

Serve alongside the spicy sauce



# ROAST PARTRIDGE, PEAR & HONEY



## Ingredients – Serves 4

- 4 Oven Ready Partridges
- 2 Pears
- 50g Blue Stilton
- 50g Hazelnuts
- 30g Honey
- Cornish Sea Salt
- Milled Black Pepper

## Method

Season the partridge and sear in a hot pan for two minutes each side

Place into a hot oven and roast for 10 minutes at 220°C

Remove from the oven and allow to rest for 10 minutes

Cut the pear in half and remove the core with a spoon to make a hole

Place the pear into the partridge pan with a little butter and cook until caramelised

Remove from the heat and place on some kitchen paper

Fill the pear with the crushed stilton and hazelnuts

Place the partridge and pear onto a serving plate

Drizzle over a little honey and serve

# PHEASANT NUGGETS & SMOKED CHIPOTLE MAYONNAISE

## Ingredients

– Serves 4

- 8 Boneless Pheasants Leg Thighs
- Flour, Eggs & Breadcrumbs
- 100g Mayonnaise
- 10g Smoked Chipotle Chilli Paste
- Cornish Sea Salt
- Milled Black Pepper

## Method

Cut the pheasant leg thighs into four

Season the flour and pass the thighs through the flour to dust them

Break the eggs and whisk together, pass the thighs through the egg mix until covered

Lastly pass the thighs through the breadcrumbs until covered

Deep fry in hot oil until golden and place onto some kitchen paper

Mix the chipotle paste with the mayonnaise

Serve the pheasant nuggets with the chipotle mayonnaise



# WILD DUCK CONFIT CROQUETTES & GREMOLATA



## Ingredients

– Serves 4

- 8 Confit Duck Legs
- Flour, Eggs & Panko Breadcrumbs
- 10g Chopped Chives
- 1 Lemon Zest
- 1 Small Bunch Flat Leaf Parsley
- 2 Garlic Cloves
- Olive Oil
- Cornish Sea Salt
- Milled Black Pepper

## Method

Chop the parsley and garlic and add the lemon zest to a little olive oil and season to make the gremolata and set aside

Flake the duck meat from the bone, and form into small balls

Refrigerate and reform into balls if needed

Season the flour and pass the duck through the flour to dust them

Break the eggs and whisk together, pass the duck through the egg mix until covered

Add the chopped chives to the panko breadcrumbs

Lastly pass the duck through the panko breadcrumbs until covered

Deep fry in hot oil until golden and place onto some kitchen paper

Serve the wild duck croquettes with the gremolata



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# ROAST PHEASANT PARSNIP GAME CHIPS & WATERCRESS

## Ingredients

– Serves 4

- 2 Oven Ready Pheasants
- 2 Parsnips
- 50g Watercress
- 50g Butter
- Cornish Sea Salt
- Milled Black Pepper

## Method

Season the pheasants and sear in a hot pan for two minutes each side

Place into a hot oven and roast for 12 minutes at 220°C

Remove from the oven and add the butter and baste for two minutes and then allow to rest for 10 minutes

Peel the parsnips and trim off both ends then using the same peeler continue to shave the parsnips to make the chips

Deep fry in hot oil until golden and place onto some kitchen paper

Place the pheasant and parsnip chips onto a serving plate

Serve with the watercress



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