

Exquisitely Delicious Game From



# WILD AND GAME

EST.  
2017

The Great British Countryside

## January Recipes

Seven Low fat meals with a bonus one  
for Valentines Day.





## Welcome to our January **SOS** recipe box. We're so glad you're here!

This pack has been created with three things in mind:

**Save the planet, eat wild British meat (lower your carbon footprint)**

**Overweight after the festive period? 7 low fat recipes.**

**Save 20% off RRP buying these products individually.**

You've saved the 20%. Now it's time to get cooking! The recipes in this booklet can be cooked in any order you choose, but you might want to enjoy the pulled pheasant pizza before the grilled partridge with risotto, because in preparing the pheasant for the pizza you'll produce a delicious stock that will work a treat in our risotto recipe.

At Wild and Game we're passionate about the benefits of eating game, which include sustainability, low food miles, and the fact that rather than being farmed, game animals are free to roam and forage in the wild. Game meat is also leaner than the meats you'll generally find in the supermarket, as well as being higher in protein and having superior nutritional value. And then there's the flavour. People often complain about the blandness of meats such as farmed chicken. Game meat is the antidote to that: its full and interesting flavour reflects the varied diets that game animals enjoy, and as these recipes show, game is a hugely versatile ingredient that shines in a wide range of dishes.

By buying this pack you've joined the growing number of people who are embracing game as a more interesting, sustainable and enjoyable source of meat that doesn't come with all the problems of factory farming. We hope these recipes will help you discover how exciting game is as an ingredient, and how easy it is to cook with.





## FEEDS 2

# Taiwanese 3 Cup Partridge

## INGREDIENTS

- |   |   |
|---|---|
| 1 pack Wild and Game partridge breasts, diced                                 | 1. 5 tbsp light soy sauce                                   |
| 2 tbsp sesame oil   | 3 tsp dark soy sauce  |
| 2 tsp minced ginger   | 2 tsp sugar   |
| 3 tsp minced garlic   | A handful of basil leaves<br>(Thai basil if you can get it) |
| 2 red chillies, finely chopped (use Thai red chillies<br>if you can get them) | 3 spring onion, sliced.                                     |
| 1.5 tbsp Chinese cooking wine (eg Shaoxing)                                   | 1 tbsp bicarbonate of soda                                  |

## METHOD

- Cover the partridge in the bicarbonate of soda and leave for 10 min to tenderise. Wash off the bicarb and pat the meat dry.
- Fry the ginger, chilli and garlic in the sesame oil in a wok.
- Add the partridge, cook for 1 minute.
- Add the wine, soy and sugar and bring to boil.
- Cook for 5 minutes or until the meat is cooked, adding a splash of water if needed.
- Stir in the basil and remove from heat. Serve with rice, topped with the spring onion.





**FEEDS 2** | *as a main, 4 as a starter*

# Venison Taco Bowls with Chimichurri

## INGREDIENTS

### FOR THE CHIMICHURRI

A handful parsley (1 growing plant from the supermarket)

A handful of coriander (1 growing plant from the supermarket)

1 tbsp fresh oregano leaves – measure unchopped and then finely chop them

1 red chilli, finely chopped

1 tbsp red wine vinegar

1 tsp sea salt

### FOR THE SEASONING

2 tsp ground cumin

2 tsp smoked paprika

Half a tsp chilli powder

1 tsp sea salt

Freshly ground black pepper – a few grinds, about half a tsp

### EVERYTHING ELSE

4 little gem leaves, finely chopped

2 Wild and Game venison steaks

Olive oil

Half a red onion, finely diced

8 small tortillas – often sold as small tortillas/taco wraps

## METHOD

- Pre-heat the oven to 220 degrees Celsius, Gas mark 7.
- Push each tortilla into a hole in a muffin tray: concertina the edges of the tortilla to fit it in, so it resembles a flower. Bake in the oven for 5 minutes (check after 3 to be sure they aren't burning) then remove and leave to cool.
- Mix the seasoning ingredients and sprinkle on the steak. Leave at room temperature for about 30 minutes.
- Meanwhile, make the chimichurri by combining all the ingredients in a bowl and mixing thoroughly.
- Lightly oil a grill pan and place over a high heat until very hot, then add the steaks and grill for 3 minutes, turning once. Then turn the heat down low and continue cooking for 6 minutes, turning once. Remove from the pan and rest for 5 minutes.
- Finely slice the steaks on the diagonal. Stuff lettuce into the tacos the top with the steaks, chimichurri and diced red onion.

## FEEDS 2

# Venison Goulash

### INGREDIENTS

500g diced venison  
500ml beef stock  
1 onion, diced  
1 tin of chopped tomatoes  
1.5 tbsp paprika  
Half a red pepper, diced

Half a green pepper, diced  
2 tsp minced garlic  
Half a tsp caraway seeds  
1 bay leaf  
1 tsp dried marjoram  
1.5 tbsp plain flour

A couple of glugs of olive oil  
A knob of butter (or leave out and add extra olive oil for a healthier option)

### METHOD

- Pre-heat the oven to gas mark 3, 165 degrees Celsius.
- Toss the venison in the flour.
- Heat the olive oil and butter and fry the venison in it until lightly browned.
- Add the onion and cook for a couple of minutes until soft.
- Add the peppers and garlic and cook for 1 minute.
- Add the paprika and herbs and cook for about 30 seconds.
- Add the tomatoes, beef stock and bay leaf.
- Transfer to the oven and cook for 1.5 hours or until the venison is tender.
- Serve with spaetzle, rice or mash.





# Pulled Pheasant Tortilla Pizza

## INGREDIENTS

### FOR THE PHEASANT

- 1 pheasant
- 2 sticks of celery, cut into large pieces
- 2 large carrots, cut into large pieces
- One onion, quartered (you can leave the skin on)
- 4 peppercorns
- 2 cloves
- 1 bay leaf
- Bouquet garni or a few sprigs of any woody fresh herbs such as thyme, sage or rosemary

### FOR THE PIZZAS

- 2 large wholemeal tortillas
- 4 tbsp tomato puree
- 8 tbsp tomato ketchup
- Salt and pepper
- 200g grated mozzarella (choose low fat if watching your weight)
- 2 large wholemeal tortillas
- Half a red onion, sliced
- 2 handfuls of spinach
- A glug of olive oil

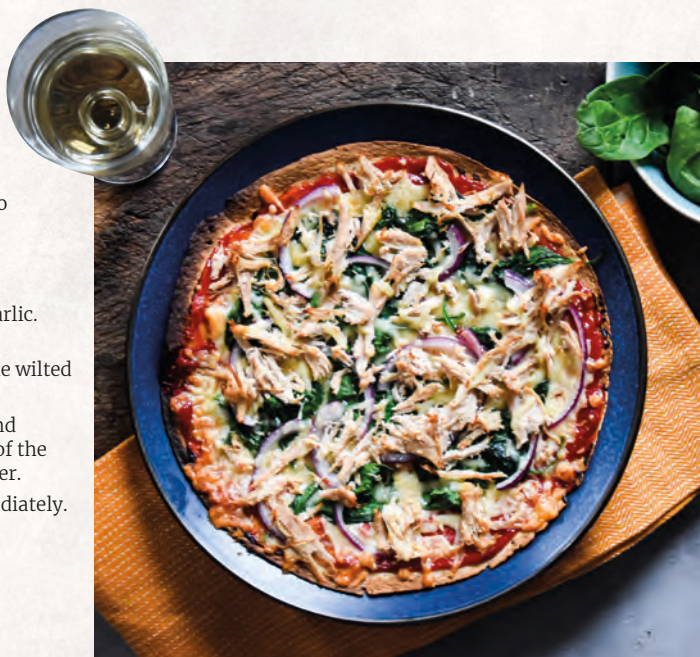
## METHOD

### FOR THE PHEASANT

- Place the pheasant and all the stock ingredients in a pot and add enough water to submerge everything.
- Bring to the boil.
- Simmer for 30 minutes then check the pheasant is cooked by piercing the inside of the leg to see if the juices run clear. When they do, turn off the heat and leave the pheasant to sit in the stock for 10 minutes.
- Remove the pheasant and let it cool.
- Drain out the vegetables and reserve the stock for use in other recipes, such as our lemon and chilli risotto with grilled partridge.
- When the pheasant is cool enough, remove the meat and shred it using two forks to pull the meat in opposite directions.

### TO MAKE THE PIZZAS

- Pre-heat the oven to 220 degrees Celsius, gas mark 7.
- Lightly oil a baking sheet and place two large tortillas on it.
- Mix the tomato ketchup and tomato puree then smear over the two tortillas.
- Top with most of the cheese.
- In a pan, heat the oil and add the garlic.
- Add the spinach. Pop the lid on and heat for 30 seconds. Place the wilted spinach on the pizzas.
- Top with the shredded pheasant and the onion then finish with the rest of the mozzarella and some salt and pepper.
- Cook for 5 minutes and serve immediately.





**FEEDS 2** | *As a big meal (2 breast fillets each). Alternatively, halve the quantities and keep the rest for another day.*

## Pesto and Mozzarella Baked Pheasant with Pesto Sauce

### INGREDIENTS

1 pack of 4 Wild and Game pheasant breast fillets  
2 balls of mozzarella, sliced  
8 tbsp pesto  
Salt and pepper  
Olive or vegetable oil to oil the baking sheet

### FOR THE SAUCE

A knob of butter  
4 tbsp pesto  
4 tbsp water

### METHOD

- Pre-heat the oven to 220 degrees Centigrade, gas mark 7.
- Lightly oil a baking sheet and place the pheasant breasts on it.
- Smear each breast with 2 tbsp pesto.
- Top with sliced mozzarella: half a ball for each breast. Season.
- Place in the oven for 15-18 minutes until browned and the juices of the breast fillets run clear if you pierce them.
- Remove from oven.
- Melt the butter in a pan and add the pesto and water. Heat until you have a bubbling sauce (add salt if needed).
- Serve the pheasant breasts with rice drizzled with the sauce.





**FEEDS 2**

## Wild Boar Curry

### INGREDIENTS

- |  |                                     |
|--|-------------------------------------|
| 500g diced wild boar                                   | 1 tsp lime juice                    |
| 1 baking sized potato cut into chunks                  | 1 tbsp light soy sauce              |
| 2 medium carrots, cut into chunks                      | 1 tsp sugar                         |
| 1 onion, sliced  | 1 tsp minced ginger                 |
| 3 tbsp red Thai curry paste                            | 2 tsp minced garlic                 |
| 1 tin coconut milk (omit if watching your weight)      | A couple of glugs of vegetable oil. |
| 2 tbsp peanut butter<br>(omit if watching your weight) |                                     |

### METHOD

- Pre-heat the oven to gas mark 3, 165 degrees Celsius.
- Heat the oil and curry paste in an oven proof, lidded pan and fry the boar until lightly browned.
- Add the onion and cook for a couple more minutes, then add the garlic and ginger and cook for another minute.
- Add the coconut milk, peanut butter (if using), lime juice, soy sauce and sugar.
- Bring to the boil then put the lid on and place in the oven for 1 hour.
- After an hour, add the potato and carrot and return to the oven.
- Cook for another hour. Check occasionally and add water if it looks dry.
- After a total of 2 hours check the boar is tender (leave for another half hour if not) and serve with rice.



## FEEDS 2

# Grilled Partridge with Chilli and Lemon Risotto

## INGREDIENTS

1 pack Wild and Game chilli and lemon partridge breast  
 200g risotto rice  
 750-800ml chicken or pheasant stock left over from cooking your pheasant for our tortilla pizza recipe  
 150ml white wine  
 1 onion, very finely diced

1 stick of celery, very finely diced  
 A glug or two of olive oil  
 50g grated parmesan (leave out if watching your weight)  
 1 tbs lemon juice  
 1 medium red chilli pepper, very finely chopped  
 1 tsp minced garlic  
 50g peas

## METHOD

- Heat the olive oil and cook the onion, chilli and celery for a few minutes until soft.
- Add the rice and cook for a minute or two until translucent.
- Add the wine and cook until significantly reduced.
- Add the stock bit by bit, stirring between each addition until absorbed.
- While you're doing this, add the lemon juice.
- Meanwhile, heat and lightly oil a grill pan and grill the partridge breast fillets for about 3 minutes each side until cooked through. Remove, set aside and keep warm.
- When you've nearly used up the stock in the risotto, stir in the peas.
- Once all the stock is added and/or the desired consistency is reached, stir in the Parmesan.
- Serve immediately along with the partridge.



# A special treat for Valentine's day.

If you've enjoyed your Wild and Game recipes this month and want to cook up something special for Valentine's Day, here's an extra recipe for you that uses one of our favourite ingredients: venison tenderloins from renowned game dealer Ben Rigby, available now from our website. Meltingly tender and full of rich and complex flavours, these really are one of the finest cuts of game you can enjoy. This indulgent recipe shows them off at their best – and it's also very quick and easy to prepare, giving you plenty of time to enjoy with your favourite person.



**FEEDS 2** | *Generous portions*

## INGREDIENTS

2 packs Ben Rigby venison tenderloin medallions (8 medallions) from Wild and Game. If you can, keep these out of the fridge for half an hour before cooking so they reach room temperature.

4 tbsp brandy

150 ml double cream

300 ml beef stock

4 garlic cloves, minced

400g mushrooms, sliced, stalks removed

2 echalion shallots, finely chopped

1 tbsp mushroom ketchup

A knob of butter

A glug or two of olive oil

Salt and plenty of pepper

## METHOD

- Fry the tenderloins in the butter and oil on a medium heat for about 2 minutes each side, then remove and set aside.
- Add the shallot to the pan and fry onion until soft.
- Add the garlic and cook for another minute or two.
- Add the mushrooms – cook until soft.
- Add brandy and cook for a few minutes until reduced.
- Add the beef stock and the mushroom ketchup.
- Add the venison and cook gently for 5 minutes until heated through.
- Add cream, heat gently and stir for a minute.
- Adjust the seasoning (add plenty of pepper) and serve with vegetables of your choice.





# Game as a healthy option: the lowdown



Wild game is lean, sustainable, unbelievably flavoursome and available all year round.

It's the ultimate free-range meat. Comparing game meat to common supermarket meats particularly highlights its health and weight loss benefits. Pheasant, for example, has 27.1g of protein per 100g while chicken has just 20.1g – and while chicken contains 1.5g of fat per 100g, pheasant contains 1.2g. Pheasant also contains more than three times the amount of selenium, an essential mineral for the immune system, and has 66mg per 100g of cholesterol as compared to 90mg per 100g for chicken.

It's a similar story with other game meats. Partridge contains 25.8g of protein per 100g, just 1g of fat per 100g and 85mg of cholesterol per 100g. It also has 0.43mg per kg of selenium compared with chicken's 0.1mg per kg.

<b>GROUSE</b>		<b>PHEASANT</b>	
Protein (g/100g)	29	Protein (g/100g)	27.1
Calories (kcal/100g)	127	Calories (kcal/100g)	119
Fat (g/100g)	1	Fat (g/100g)	1.2
Cholesterol (mg/100g)	45	Cholesterol (mg/100g)	66
Selenium (mg/kg)	0.32	Selenium (mg/kg)	0.37

<b>PARTRIDGE</b>		<b>CHICKEN</b>	
Protein (g/100g)	25.8	Protein (g/100g)	20.1
Calories (kcal/100g)	112	Calories (kcal/100g)	105
Fat (g/100g)	1	Fat (g/100g)	1.5
Cholesterol (mg/100g)	85	Cholesterol (mg/100g)	90
Selenium (mg/kg)	0.43	Selenium (mg/kg)	0.1

Research carried out by Leatherhead Food International Research 2006

Venison is much leaner than beef, has a third as much cholesterol and is lower in calories, while wild boar has 55mg of cholesterol per 100g compared 71mg for pork, 26.1g of protein per 100g compared with 16.6g for pork, and 5.2g of fat per 100g compared with 22.5g for pork.

On top of this you get superior flavour and the knowledge your meat has not been factory farmed. Whether you're looking to source your meat more responsibly, follow a low fat, high protein diet, or simply want to enjoy more interesting meals, wild game is the answer. Head over to [www.wildandgame.co.uk](http://www.wildandgame.co.uk) now to see our full range of game-based delights, from sausages and burgers to pies, ready meals and ready to cook meat.



Award winning, exquisitely delicious game meat and other luxury game products from the Great British countryside.

Visit [www.wildandgame.co.uk](http://www.wildandgame.co.uk)  
to see our extensive range

