

Exquisitely Delicious Game From



# WILD AND GAME

EST.  
2017

The Great British Countryside



## March Recipes

Seven delicious ways to enjoy game this month  
including a fabulous mother's day roast





## Welcome to your March recipe box!

With the days getting longer and springtime on the way, we've come up with a bright and colourful selection of meals for the month of March. The influences are wide ranging – from gutsy Louisiana-inspired po' boys to rich, sticky Indonesian venison rendang, and from verdant Italian pea and basil risotto to umami-laden Korean fried rice.

With an eye for Mother's Day, we've included one of our sensational rolled venison haunches, along with a recipe that the whole family can enjoy together: an easy one tray roast packed served with a berry gravy.

Our venison roast is a "mothership" meal, meaning it provides leftovers to enjoy later in the week. We've included a recipe for Korean fried rice that will make the most of any remaining venison – even if there's very little of it left.

Whether you're new to our monthly recipe boxes or have enjoyed cooking our recipes before, we hope this month's offering will introduce you to some enjoyable new ways to cook with game. We're keen to demonstrate what a great ingredient game is all the year round, so as we head for warmer days, look out for springtime and summertime recipes coming in future boxes. There's no limit to the ways in which you can enjoy these healthy, natural meats.

PS. We've got some great new products coming out this month – turn to the back pages to find out more.





**SERVES**  

## Grilled Herbed Pheasant with Pea and Basil Risotto

### INGREDIENTS

1 pack Wild and Game herb marinated pheasant breast

200g risotto rice

800-900ml chicken or pheasant stock

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

1 tsp minced garlic

50g peas

2 handfuls Basil

### METHOD

- Heat the olive oil and cook the onion 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.
- Meanwhile, heat and lightly oil a grill pan and grill the pheasant breast fillets for about 5 minutes each side or 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 it's reached the desired consistency, stir in the Parmesan and Basil.
- Serve immediately along with the pheasant.





**SERVES**  

## Venison Rendang

### INGREDIENTS

500g diced venison from Wild and Game  
1 tsp tamarind paste  
1 lemongrass stalk, pounded  
¼ tsp cinnamon  
A pinch of clove powder  
Two pinches cardamon powder  
2 whole star anise  
1 can full fat coconut milk

250ml beef stock  
5 tbsp desiccated coconut, toasted  
4 kaffir lime leaves  
1–1.5 tbsp golden caster sugar  
Salt to taste  
5 tbsp vegetable oil

### FOR THE PASTE

5g dried chillies. Soak in hot water prior to use and remove seeds. Reduce the amount of chillies if you want a less fiery dish.  
1 large banana shallot, chopped  
5 cloves of garlic, chopped  
1 inch of ginger, chopped  
1 inch of galangal, chopped  
2 sticks of lemongrass, white part only, chopped

### METHOD

- To make the spice paste, mix all the paste ingredients in a spice mill or food processor, or pound with a pestle and mortar.
- Heat the oil and fry the spice paste for a few minutes.
- Add the meat and cook until browned.
- Add the cinnamon, clove and cardamon powder and cook for 30 seconds.
- Add the coconut milk, lemongrass, star anise and stock. Simmer for 30 minutes.
- Add the desiccated coconut, kaffir lime leaves, tamarind and sugar.
- Lower the heat and cook for 1.5h, stirring regularly. You want it to become quite dry and sticky, and as it approaches readiness the oils will be released and will be clearly visible in the pan. Just make sure it doesn't burn.
- Towards the end of the cooking, taste and add more sugar and some salt if desired.
- When done, serve with rice.

SERVES 

# Wild Boar Tagine

## INGREDIENTS

500g Wild and Game diced wild boar	1 tin of chickpeas
Olive oil	200g dried prunes
1 onion, sliced	2 sticks of celery, cut into chunks
2 garlic cloves, minced	2 carrots, cut into chunks
1 tbsp ras el hanout	1 tin of chopped tomatoes
500ml chicken stock	1 tbsp lemon juice
250g butternut squash, diced	1 tbsp honey

## TO SERVE

Couscous  
A big handful of fresh coriander (optional)

## METHOD

- Pre-heat the oven to 150C, gas mark 2.
- Heat some olive oil in a pan and saute the onion until soft, then add the garlic and cook for a further 30 seconds.
- Add the boar and cook until browned.
- Add the ras el hanout and stir for 30 seconds.
- Add the stock, tomatoes, celery, carrots, prunes, honey, lemon juice, butternut squash and chickpeas.
- Heat until bubbling then place in the oven for 2 hours.
- Stir in the coriander and serve with couscous.



**SERVES**



# Our Mothership Roast: Roast Venison Haunch with Roast Vegetables and Berry Gravy

## INGREDIENTS

1 Wild and Game 1kg rolled venison haunch  
3 large potatoes, cut into chunks  
3 carrots, cut into chunks  
300g butternut squash, cut into chunks  
3 beetroots, cut into chunks  
4 shallots, peeled  
Salt and pepper  
A handful of fresh thyme  
Olive oil

## FOR THE GRAVY

250ml red wine  
2 tbsp redcurrant jelly  
2 tbsp bramble jelly (seedless bramble preserve)  
500 ml beef stock  
2 tsp honey  
2 tsp mushroom ketchup  
1 generous tbsp cornflour

## METHOD

- Pre-heat the oven to 200C, gas mark 6.
- Bubble the potatoes in boiling salted water for a few minutes until you can easily insert a fork a couple of millimetres into them.
- Meanwhile, oil a roasting tin with olive oil and place it in the oven.
- Drain the potatoes and put them back in the pan with the other vegetables. Season and pour on enough olive oil to coat them. Pop the lid on the pan and shake until all vegetables are coated in oil.
- Tip the vegetables into the roasting tin, add the thyme and roast in the oven for 10 minutes.
- Meanwhile, pour some olive oil into a large frying or saute pan and brown the venison.
- When the vegetables have been cooking for 10 minutes, place the venison on top of them and pour over any oil and juices from the pan in which you browned the meat.
- Roast for 20 minutes.
- Turn heat down to 140C, gas 3 and cook for 20-30 minutes depending on how well done you want the meat. 20 minutes will be rare.
- When the meat is ready, remove it and turn the oven up to 225C, gas mark 7. Roast the vegetables for 5-10 minutes more until nicely browned.
- Remove from the oven, place the vegetables in a bowl and keep warm.
- Put the roasting tin on the hob, add the red wine and redcurrant and bramble jellies and heat until the jellies are starting to disintegrate. Add the stock and cook for a few minutes more, then add the honey and mushroom ketchup.
- Add a little water to the cornflour, mix until smooth and then pour into the tin, stirring until the sauce thickens. Taste and adjust seasoning if required. Strain through a sieve into a jug.
- Serve the venison with the roasted vegetables, the gravy, and other vegetable accompaniments of your choice. Reserve a few slices of meat to make the Korean fried rice.







**SERVES**  

## Korean Stir Fried Rice

### INGREDIENTS

2-3 slices leftover roasted  
venison haunch, diced  
Half a red onion, sliced  
Half a yellow pepper, sliced  
Half a red pepper, sliced

A handful of sugar snap  
peas, sliced  
4 spring onions, sliced  
1 tsp minced garlic  
1 tsp sriracha sauce

2 tbsp oyster sauce  
2 tbsp soy sauce  
250g cooked rice  
2 eggs  
Vegetable oil

### METHOD

- Heat the oil in a wok.
- Add the meat and vegetables and cook for about 2 minutes.
- Add the garlic and cook for 30 seconds.
- Add the sauces and stir until combined.
- Add the rice. Cook until the rice is heated through then turn the heat down and keep warm.
- Heat some vegetable oil in a frying pan and fry the eggs.
- Serve the eggs on the rice.



**FEEDS** 🌸 🌸

## Warm Pigeon Salad

### INGREDIENTS

1 pack Wild and Game pigeon breast fillets  
50g smoked bacon, chopped  
10g pine nuts, toasted  
A handful of red grapes, cut in two

100g blue cheese such as Stilton  
A knob of butter  
A glug of olive oil  
A bag of mixed salad leaves

100ml beef stock  
2 tbsp red wine  
1 tsp honey  
1 tbsp redcurrant jelly

### METHOD

- Heat the oil and butter in a frying or saute pan and cook the pigeon breast fillets on a medium heat for about 3 minutes, turning once. Remove and set aside to rest (keep warm).
- Fry the bacon in the same pan until crunchy. Remove and set aside.
- Add the red wine to the pan and sizzle for a minute, then add the stock, honey and redcurrant jelly.
- Bubble for a few minutes until syrupy.
- Place the pigeon on top of the salad leaves. Top with bacon, pine nuts, crumbled cheese and grapes.
- Drizzle with the sauce and serve immediately.



## FEEDS

# Partridge Po' Boys

### INGREDIENTS

1 pack of 6 Wild and Game  
 partridge fillets  
 50g plain flour  
 1 egg, beaten  
 60g panko breadcrumbs  
 Dijon mustard  
 Butter  
 1 baguette  
 Vegetable oil

### FOR THE CHICKEN GRAVY

500ml chicken stock  
 2 tbsp white wine  
 Half a tbsp mushroom ketchup  
 1 tbsp cornflour  
 Gravy browning (optional)  
 A knob of butter

### FOR THE SLAW

A quarter of a red cabbage, grated  
 A quarter of a white cabbage, grated  
 2 carrots, grated  
 1 red onion, grated

### FOR THE SLAW DRESSING

30ml cider vinegar  
 70ml olive oil  
 1 tsp minced garlic  
 A handful of dill, chopped (optional)

### METHOD

- Pre-heat the oven to 225C, gas mark 7.
- Dip each breast in the flour, then the egg, then the breadcrumbs until coated thoroughly.
- Heat a generous amount of vegetable oil in a saute or frying pan (about 2mm deep) and fry each fillet for 1-2 minutes, turning once, until golden.
- Place the breaded fillets on an oiled baking tray and cook in the oven for 10 minutes.
- Meanwhile, make the slaw. Combine all the dressing ingredients and mix thoroughly, then combine with the slaw ingredients and mix thoroughly.
- To make the gravy, melt the butter and stir in the cornflour. Add the wine and bubble and stir for a minute, then gradually add the stock, stirring between each addition. When you've added all the stock, add the mushroom ketchup. Taste and season if desired. Add gravy browning if you prefer it to look darker.
- When the fillets are ready, cut the baguette into two, then slice open each portion, butter it and add a generous amount of mustard. Add the partridge and coleslaw then pour in a generous amount of gravy. Serve immediately, with any spare coleslaw on the side.



# New Products

**We've been busy in recent weeks developing new game products for you to enjoy, and we're excited to announce a clutch of delicious additions to our range.**



*Huntsman's pie*



*Sweet chilli sausage roll*

Our jumbo-sized, flaky pastry-clad sausage rolls have always been one of our top sellers, but now we've added a venison, pheasant and sweet chilli sausage variety. Introducing a touch of chilli jam to the mix really elevates these sausage rolls, giving them a beautiful warm glow.

We've also introduced a huntsman's pie – a rich, layered pie designed to be eaten cold. Its seasoned chicken, wild boar, pheasant and herby stuffing filling is cased in a traditional hot water crust pastry. If you like pork pies, this one is for you.



New for the grill are our juicy venison, pheasant and caramelised onion sausages and our wild boar and venison burgers – both of which offer a delicious spin on your usual pork and beef options.

Head over to [www.wildandgame.co.uk](http://www.wildandgame.co.uk) to buy all of these and more.

# Coming next month...

**If you've enjoyed this month's recipe box, stand by for a host of springtime recipes in our April box. We promise to give you seven new delicious ideas every month, along with all the top-quality British game you need to bring the recipes to life.**

Also coming soon are two new pâtés, both of which are perfect with a springtime gin and tonic. Our partridge, gin and pear pâté is deeply savoury with a hint of sweetness, while our venison, juniper and gin pâté showcases juniper – that crucial gin ingredient – as a classic partner for rich, gamey venison.

Our pâtés are wonderful spread on toast or crackers and enjoyed as a light lunch or snack, but they're also excellent cooking ingredients: try adding a pâté core to venison meatballs, or using one of our pâtés in a venison Wellington, for example.

You'll find both of these recipes on our website, along with plenty more ideas for great game meals – so don't let your game adventures end once you've cooked your way through this booklet. There is so much more to discover!

