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SCAN ME



Our Butchers are Always Happy to Help

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PLEASE ASK for advice

Game in our diet

The nutritional benefits alone are a good enough reason to eat game meat from wild animals. It is leaner and very low in fat compared to farmed meat. Venison has 1% fat compared to 10% in lamb or 11% in beef. Venison has 1% fat compared to 10% in lamb or 11% in beef; and pheasants and partridge are 50% lower in fat than chicken.

Butcher Dan's Tips

- Add additional fat as the game birds are lean rub the skin with butter before cooking or layer it with bacon.
- Add some flavour – both birds have quite mild and delicate meat which makes them extremely versatile.
- Marinate the meat before cooking, just like you would with any other poultry.
- Fill the cavity with a moist stuffing – an onion, apple and fresh herbs or a robust sausage meat with prunes and shallots. Keep it moist leave the skin on while cooking to seal in the juices.

Turnbull's Northumbrian Food

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Game Cooking Guide

Turnbull's
Northumbrian Food



Get into Game

www.turnbullsfood.co.uk

Christmas Turkey Cooking Guide

Game is wild, natural, and free range with a distinctive flavour making it a great alternative other meat. As it is low in cholesterol and high in protein Game is one of the healthiest meats available today - here's how to cook it!

Pheasant

Roast Pheasant	200°C/Fan 180°C/Gas 6 for 25-30 minutes (15 minutes resting)
Cassarole	150°C/Fan 130°C/Gas 2 for 2 hours
Pan Fried Breasts	4-5 minutes each side medium-high heat

Partridge

Roast Partridge	220°C/Fan 200°C/Gas 7 for 8-10 minutes (10 minutes resting)
Cassarole	150°C/Fan 130°C/Gas 2 for 1.5 hours
Pan Fried Breasts	2-4 minutes each side

Duck / Mallard

Roast	25-30 minutes per 450g/lb 170°C/340°F/Gas 4
Breast	20-25 minutes per 450g/lb 200°C/390°F/Gas 6
Duck Breast	

Grouse / Wood Pigeon

Roast	20-25 minutes per 450g/lb 190°C/355°F/Gas 5
Breast	Sear for 1 minute either side in a pan then roast for 10-15 minutes at 180°C/355°F/Gas 4

Venison & Rabbit (very lean and is best basted with a layer of bacon fat)

Venison Haunch	20 minutes per 450g/lb 180°C/355°F/Gas 4
Rabbit	30-45 minutes per 450g/lb 190°C/375°F/Gas 5

Ideal flavours for Game

Fruit: Blackberries, quince.

Herbs: Thyme, rosemary, garlic. Spices: cloves, chilli, ginger, cardamon, juniper.

Vegetables: Cabbage, celeriac, mushrooms.



Eating game

Game meat from wild animals is delicious, low fat and sustainable. Enhanced by the natural flavours of the animals foraged diet, game meat is generally more flavoursome than farmed meat.

Many people are put off game recipes which can be overly fussy and cheffy – they don't have to be! Use pheasant instead of chicken in a curry or pan fry partridge breasts for a quick weekday supper. Make a delicious rabbit ragu instead of the usual beef or treat yourself to a venison, rather than beef, steak at the weekend.

This leaflet aims to inspire you to cook game more often and show you just how simple and delicious it can be.

