


game-to-eat e-Newsletter


January 2009

Welcome to Game-to-Eat's January e-newsletter...
bringing you all the latest news from the world of delicious wild British game! In this e-newsletter:

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If you would like to print out this newsletter please use [\[this link\]](#).

1. Happy New Year



[Click to see the recipe for Game Pie.](#)

As we enter the New Year, there is still time to make the most of the delicious flavours of game before the season closes at the end of February. What about trying our mouth-watering game pie with seasonal root vegetables and an indulgent puff pastry top for a real winter warmer! Don't forget that you can buy venison cuts all year round and remember to check out the frozen range of game meats from your local supermarket and butchers so you don't miss out.

2. Healthy Eating

If your New Year's resolution is to get yourself into shape and lose those Christmas pounds then game is the way to go! Game is low in fat and cholesterol plus a delicious and healthy alternative to many other red meats. Venison is high in protein, low in saturated fatty acids and contains higher levels of iron than any other red meat. Pheasant and partridge contain high levels of iron, protein, Vitamin B(6) and selenium, which helps to protect cells from damage caused by free radicals. [Find out more nutritional information...](#)

3. St Valentine's Days



[Click to find out the recipe for minute venison steaks.](#)

Eating in is the new going out and when thinking of romantic ways to impress your loved one this Valentines Day, why not try our recipe for minute venison steaks matched up with a bottle of red wine.

4. Competition

This month, we have teamed up with Yorkshire Game to give you the chance to win a fabulous Game Box, full of delicious cuts of venison, partridge and

Recipes of the Month

Venison Burger



[\[link to recipe details\]](#)

Tandoori Pheasant



[\[link to full recipe\]](#)

pheasant and we will include a selection of Game-to-Eat recipes booklets so you can try some of the dishes out on family and friends. To be in with a chance to win this fantastic prize simply answer the following question.

Q) What type of game was sampled at your local Sainsbury's, Tesco and Waitrose during October 2008? [look on this link \(to the Game to Eat web site\)](#) to find the answer.

- A) Partridge
- B) Pheasant
- C) Venison

[\[Click here to enter the competition\]](#)

[\[Click here for more information about Yorkshire Game\]](#)

5. Butcher of the Month



[\[Click here for more details\]](#)

Berkswell Traditional Meats is our butcher of the month. Berkswell's sells a selection of game meats throughout the season. They offer the ideal solution to those who are concerned about how their meat is produced and the quality and flavour. Raised on small farm units in high-welfare, non-intensive conditions, and using local abattoirs, the meat retains all the old fashioned virtues of succulence, tenderness and flavour. This family business has been run for over 400 years, and as a Master Butcher, Phillip ensures all meat is prepared to the highest standard and of the utmost quality. Richard Tuckey, Phillip's son - was recently the proud winner of a 2008 Midlands round of ITV1's Britain's Best Dish. He cooked the loin of seaweed eating North Ronaldsay lamb stuffed with venison, orange and cranberry sausage meat - farmsteadmeats.co.uk - [click here for more information](#)

7. Restaurant of the Month



[\[Click here to see exactly what their chef, Ed Chester, had to say\]](#)

Otterton Mill, Budleigh Salterton - Tel: 01395 568521

Set beside the River Otter in one of Devon's most beautiful valleys, Ottertonmill is an altogether different kind of experience. This fabulous restaurant serves an exquisite selection of delicious game dishes from Rabbit Stew, Venison Casserole and their famous Squirrel Kebabs. The venue is uniquely situated within an old working watermill, a famous bakery and shop brim full of superb local produce and a gallery selling work from a selection of the best artists from Devon, Dorset and Somerset. Ottertonmill is an atmospheric haven, designed to revive the soul and satisfy the senses. It is a place to relax, to unwind, to explore, to escape to and most of all to enjoy - ottertonmill.com - [click here for more information](#).