

# game-to-eat e-Newsletter

November 2009

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

1. [Meat of the month - Venison](#)
2. [UK's Best Game Dish Winner 2009](#)
3. [Game cookery course review](#)
4. [Chicken and Other Birds - book review](#)
5. [Win Win Win!](#)
6. [Butcher of the Month](#)
7. [Restaurant of the Month](#)
8. [Recipes of the Month](#)

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## 1. Meat of the month - Venison



Click to see the recipe for Braised venison with carrots.

The king of game, venison, is available to buy most of the year, depending on the species, but delicious Fallow, Red, Roe and Sika are at their seasonal prime right now. Just ask your butcher what type they have got. Like all natural, wild food, the flavour can vary, although most people like the mild gamey taste of Fallow. If you have not tried it before this is a good one to begin with.

Cooking venison is very much the same as cooking beef. As there is very little fat, steaks and fillets are best flash fried in butter or briefly roasted until pink, to retain all the juices. Other cuts such as haunch and leg are great for slow roasts and rich stews. Check out our great [venison recipes](#) for more ideas.

## 2. Restaurant magazine - UK's Best Game Dish Winner 2009



Click here to visit the Cinnamon Club website.

This year's competition sponsored by Game-to-Eat, was won by Vivek Singh, of London's acclaimed Cinnamon Club. Indian born chef Vivek's winning dish was Saddle of Oisín Red Deer with Pickling Sauce and Beetroot Crush - a deconstructed version of deer pickle, inspired by the Rajasthani way of preserving meat. The menu at the Cinnamon Club features game in season, which is unusual for Indian restaurants. Singh said "I am surprised more Indian chefs aren't taking more advantage of the fantastic game available in the UK." You can try his signature dish in his restaurant now. [www.cinnamonclub.com](http://www.cinnamonclub.com)

## 3. Rudd Moncreiff - game cookery course review



The Old Vicarage near

Rudd Moncreiff offer a broad range of lifestyle workshops throughout the year.. They are passionate about supporting local businesses and only use local, seasonal produce in their workshops.

## 7. Recipes of the Month

Venison Steak with Goose Egg & Chunky Chips



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

Venison Burger with Red Onion Rings & Stilton Mayonnaise



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

The courses are run from owner Dawn's home kitchen on the fringes of Peak District close to the market town of Ashbourne. All day courses are relaxed and intimate and include a 3 course luncheon with wine after each demonstration.

Ashbourne in the Peak District

The Game Kitchen cookery courses are geared to those who are interested in learning the basic principles, which is particularly good for encouraging hesitant people to try game. Game for All, is a similar course to the above but a little more in depth, and Game Birds focuses mainly on birds. The price for a basic game cookery day is £40 to include all recipe sheets and luncheon. Tel: 01335 360183 for further info.

#### 4. John Torode's Chicken and Other Birds - book review



Visit the Book Reviews on the Game to Eat website for more info.

The presenter of BBC's Masterchef programme has produced a new cookery book which celebrates all kinds of birds, including pigeon, pheasant and partridge. Among the heaps of recipes, Torode advises on getting the best value for money, cooking tips, and there is even a list of game dealers in the back of the book.

#### 4. Win Win Win!



[Click here to enter the October Game to Eat competition]

Up for grabs in our competition this month is a fantastic Ready Steady Cook 26cm non-stick sauté pan - perfect for frying venison steaks and pheasant breasts. The winner will also receive a copy of Game for Gourmets cook book. To enter, simply answer this question correctly

Which chef created the winning recipe of the UK's Best Game Dish 2009?

1. Gordon Ramsey
2. Jamie Oliver
3. Vivek Singh

#### 5. Butcher of the Month



[Click here for more details]

**Littlewoods Butchers**  
5 School Lane, Heaton Chapel, Stockport SK4 5DE  
Tel: 0161 4271745

W: [littlewoodsbutchers.com](http://littlewoodsbutchers.com)

Game-to-Eat's butcher of the month is Littlewoods in Stockport, Cheshire. Butcher Andrew Wilson sells an enormous variety of game, including popular venison from the local National Trust park.

#### 6. Restaurant of the Month



[Click here to see exactly what Head Chef James Gray, had to say]

The White Hart, Ardingly Road, West Hoathly, West Sussex, RH19 4RA

Tel: 01342 - 715217

Web: [www.thewhitehartinn.info](http://www.thewhitehartinn.info)

We have chosen the White Hart Inn as our favourite this month. Head Chef James Gray favours local game for his seasonal menu, all freshly cooked to order and served in the 14th century surroundings.

Nov 2009