

game-to-eat e-Newsletter


October 2009


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

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1. Bird of the month - Pheasant

Our pick of the month is pheasant which is now in season right through to 1st February, so there is plenty of time to get cooking!

Pheasant tends to have a less gamey flavour than other game meat. As a guide, pheasants are usually hung for up to 10 days to improve the flavour and texture, although early in the season if the game is young, it may only be necessary to hang the bird for a day or two.

When you buy game from the butcher or supermarket it will be ready to cook. Usually sold in a brace - a hen and cock - young birds need only quick roasting and benefits from covering with a layer of streaky bacon or regular basting during cooking. Older birds are great for braises or casseroles or even in a curry. Allow 1 pheasant for 2 people.

It's one of the most popular game birds and so easy to cook, so don't forget to add pheasant to your shopping list this autumn.



[Click to see the recipe for Roast Pheasant with Chestnut Dumplings.](#)

2. Great game! Web review

If your local butcher does not stock game or if you simply want something extra special for dinner this week, look no further than manorfarmgame.co.uk This fantastic website sells a wide range of fine quality English game online.



[Click here to visit the Manor Farm website.](#)

It's easy to see why this company is listed in Rick Stein's "Food Heroes" - they stock everything from grouse to guinea fowl, pigeon to partridge, plus pies, pasties and burgers. It is gourmet game heaven! The site also gives handy cooking advice and mouth-watering recipes to really whet your appetite. Thumbs up!

3. New book reviews

7. Recipes of the Month

Roast Pheasant with Chestnut Dumplings



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

Velveting Pheasant with Soy Mirin and Ginger



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



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

See this month's new cookery book reviews. All three books are written by British game supporter, Mark Hix.

4. Win Win Win!



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

Win a copy of Mark Hix's new recipe book, British Seasonal Food, which we have reviewed this month. Packed with beautiful rustic photography and some unusual dishes such as Peppered Venison Chops with Sweet and Sour Red Onions, this is an essential book for any keen game cook. We have 5 books to give away. To enter, simply answer this question

Which game bird is Game-to-Eat's bird of the month

1. Partridge
2. Pheasant
3. Grouse

5. Butcher of the Month



[Click here for more details]

William Rose Butchers
126 Lordship Lane, East Dulwich, London, SE22 8HD.
Tel: 020 8693 9191
W: williamrosebutchers.com

Our butcher of the month sells every type of game you could think of! Find out why butcher David thinks game is so popular.

6. Restaurant of the Month



[Click here to see exactly what Annie Clift - Owner/Chef, had to say]

The Talbot at Knightwick, Worcester, WR6 5PH
Tel: 01886 821235
[email:info@the-talbot.co.uk](mailto:info@the-talbot.co.uk)

Visit our October restaurant of the month and you will be in for a game feast to tantalise your tastebuds