



# GAME STARS: Game with a modern twist





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Bod from Vale House Cookery School

Willo Game for supplying the quality pheasants and for kindly sponsoring this booklet

*Willo*





## Welcome to the Prize winner recipes from the Schools Game Changer Competition 2018

**S**tudents across the UK were asked to create a recipe and make a unique dish that uses any game meat.

Students competed with more than 80 students from all over the country, who developed their own game recipes as part of the School Game Changer project. The challenge set by Taste of Game and the Food Teachers Centre was to create a quick and easy game meat recipe **with a modern twist**.

Judges were looking for:

- Original, creative and independent work
- Delicious looking and tasting food
- Seasonal and healthy, and local ingredients
- Quick to cook dishes

The top 18 prize winners have their recipes published in this booklet. The top eight joined a masterclass at Northcote Hotel Lancashire and three Judges Commendations were invited to cook lunch in the Michelin starred kitchen with Chef Lisa Goodwin- Allen for their parents and teachers.

Judging took place at Northcote with the top three Judges Commendations being chosen by Chef Lisa Goodwin-Allen, Chef Bruno and Chef Emma Lawson. All top 18 dishes were cooked and tasted.

### More about the Schools Game Changer programme

Taste of Game and the Food Teachers Centre have come together to upskill teachers in the preparation of game and supply schools directly with ingredients for cooking it. With training and support, teachers now use game confidently with their classes. The programme matches the GCSE and vocational course requirements so that 60,000 students will get a chance to experience how to prepare, cook and taste game before they leave school.

Through this programme students will:

- Understand 'provenance' and how game is reared, prepared and cooked
- have tasted game, tried out some recipes and are familiar its taste, value and uses
- take home a positive message about game to the family shopper/cook, including its nutritional benefits and uses in a modern balanced diet.

More than 14,000 pupils across the UK were introduced to game meat since 2018. The project has trained more than 100 teachers across the country on the program and delivered more than 10,000 pheasants to students.

For more information about the programme please visit [tasteofgame.org.uk/schools-and-education](http://tasteofgame.org.uk/schools-and-education)





## INGREDIENTS

1 pheasant  
200ml white wine  
50g butter  
10ml oil  
1 parsnip  
1 carrot  
1 leek  
100g Pearl barley  
1 beetroot  
1 lemon  
2 garlic cloves  
1 orange, plus juice  
10g sugar  
6 slices pancetta  
20g grated ginger  
1 red onion  
150g parmesan cheese  
250ml homemade stock

## Stock (500ml):

1 star anise  
1 onions  
1 celery stick  
1 bay leaf  
1 carrot  
Cider vinegar  
Sugar  
Whole pepper corns

# Pheasant with pearl barley

**T**ake the breasts off the pheasant carcass and set aside. Make 500ml stock using the breasted carcass the day before by simmering it in water with the above stock ingredients. After cooking, pass through a muslin cloth, add a touch of butter for flavour and a shiny finish.

Roast the beetroot in tinfoil with orange and lemon peel, juice of an orange, sugar, ginger and one garlic clove for 20 minutes at 180°C. When cooked, purée and add a little stock to required consistency.

Crush the remaining garlic clove. Take some ribbons off the carrot and the parsnip, then finely-dice what remains. Finely-dice the red onion. Cut the leek into thin rings. In hot oil, quickly fry red onion and garlic for 2-3 minutes, until softened. Add the parsnip, carrot and leek and fry for a further 2-3 minutes.

Stir in the pearl barley and coat in the oil. Pour in the white wine and simmer, stirring, until the liquid has been absorbed. Continue adding a ladleful of the stock at a time, simmering and stirring until the liquid has been absorbed every time. Use up all of the stock and ensure barley is tender. Add in two-thirds of the parmesan cheese and stir in a knob of butter.

Cover the pheasant breasts in a light dusting of sage and remaining parmesan and wrap in pancetta. Fry and baste to form a caramelised crust.

Roast the parsnip and carrot ribbons with some sage leaves.

Place pearl barley risotto on a plate. Top with a pheasant breast and parsnip and carrot ribbons. Add a serving of beetroot purée. Dress with roasted sage leaves and serve.

## Inspiration

I wanted to make a pheasant dish with a twist by serving it with pearl barley. I made a beetroot purée flavoured with lemon and orange zest and a touch of garlic, which added colour to the plate. I want to be a chef and love experimenting and creating my own recipes.

I wanted to create a pheasant dish to a restaurant quality standard. I have cooked different types of game in school and I enjoyed the lessons, always pushing myself to expand my culinary knowledge.

**INGREDIENTS**

1 rabbit (whole, with offal)  
 2 slices prosciutto  
 50g pancetta  
 1 onion  
 1 clove garlic  
 Splash of port  
 1 tsp red wine vinegar  
 100ml chicken stock  
 1 thyme bunch  
 100g butter  
 60g potato  
 30g cavolo nero (Italian kale)  
 30g carrots  
 1 parsley bunch

**Teriyaki ingredients**

30ml soy sauce  
 10g light brown sugar  
 10g honey  
 10g cornflour



## Three ways rabbit with crispy potatoes

**T**ake loins from saddle and cut the leg meat into chunks. Keep all bones for later. Quickly brown the offal in a hot pan and blitz into a paste.

Lay prosciutto on a board, overlapping the long edges. Place the saddle on top and spread the offal down the middle. Roll everything tightly together and tie with a butcher's string.

Put all the teriyaki ingredients, except cornflour, in pan over medium heat. Bring to the boil, add cornflour and allow to thicken, stirring continuously. Cover the rabbit leg chunks in teriyaki and put in the oven for 15 minutes at 180°C.

To make the sauce, pan-fry the rabbit bones, remove, add the pancetta, garlic and onion and fry until soft. Deglaze the pan with wine and vinegar. Add the thyme and slowly pour in the stock. Allow it to thicken.

Clean the carrots, cut the cavolo nero into smaller pieces and chop potatoes into 1cm cubes. Finely-dice the onion and garlic. Pan-fry the potatoes in butter until they begin to crisp and transfer to the oven for 15 minutes at 180°C to crisp up.

Pan-fry the saddle until prosciutto crisps up and transfer to the oven for 10 minutes at 180°C.

While the rabbit is in the oven, blanch cavolo nero and boil carrots until al dente.

Strain the sauce, plate up and enjoy.

### Inspiration

My inspiration for this dish was local produce. I live in the hills and rabbit is a sustainable, good quality and cheap meat. The rabbits we get are ferretted by a local farmer, skinned then dropped at our door. I enjoy taking ideas from different styles of cooking and bringing them together. I always want to use the whole rabbit because every part has so much flavour. I wrap the saddle in prosciutto because it keeps the flavour inside, and the meat stays tender. The teriyaki adds umami and sweetness to the dish. I love the flavours all rabbit creates when combined with other ingredients. Knowing my dish is local inspired me to design and make this dish.

*Poppy Gregory William Howard High School Brampton*



### INGREDIENTS

2-3 King Edward potatoes  
200g venison loin  
8tbsp olive oil  
salt and pepper  
4 rosemary sprigs  
1tsp wholegrain mustard  
2tbsp white wine vinegar  
2 handfuls of mixed rocket leaves  
1 handful of fresh parsley leaves  
2 minced garlic cloves  
1 pinch of oregano  
1tbsp red wine vinegar  
1tsp paprika  
1tsp turmeric  
1-2 tsp chilli powder  
1 bay leaf  
Oil for frying

## Venison steaks with a kick

**P**reheat your oven to 200°C. Peel 2-3 King Edward potatoes, slice into 1.5cm strips then chop in half. Rinse them under cold water. Toss in oil and rub with fresh rosemary sprigs. Place on a baking tray with 2 rosemary sprigs to infuse the chips. Put in the oven for 45-50 minutes.

Mix together the wholegrain mustard, 6tbsp of olive oil and the white wine vinegar to make the dressing.

Drizzle a little olive oil over the rocket leaves and add in the dressing.

To make the sauce, mix together the finely-chopped parsley, 2 crushed garlic cloves, oregano, salt and pepper, 2tbsp olive oil and red wine vinegar.

Rub the venison with olive oil, chilli, paprika, turmeric, salt and pepper. Heat up some oil in a frying pan and add in remaining rosemary and a bay leaf. Place the venison steak in the pan. Fry for 6 minutes for a medium steak, flipping it over after each minute.

Put a handful of salad on the plate, a serving of potatoes and the steak. Dress with a smear of the chimichurri sauce.

### Inspiration

When I was choosing the flavours and spices for this dish, I was reminded of summer barbeques and, contrastingly, of winter comfort food. The slightly spicy venison steak is tender and infused with flavours filling your mouth with a burst of nostalgia from a cosy winter's dinner. On the other hand, the summery salad refreshes your palette and cools the spices. This dish can be eaten all year round, off a barbeque or a frying pan; it can be refreshing or simply comforting. Overall, this dish is perfect for any occasion.

*Alfie Pickard St Thomas a Becket Wakefield*

**INGREDIENTS**

225g ready-made puff  
pastry  
2 pheasant breasts  
200g of chilled pâté  
2 shallots  
Half a pack of  
mushrooms  
4 prosciutto slices  
Blackberry jus  
Butter  
Oil

Served with:  
100g broccoli  
1 spring onions



## Great Bradley Wellington

**R**emove the puff pastry from the fridge 45 minutes before use. Finely-chop the mushrooms and sauté in a little butter until cooked and dry. Set aside to cool. Now, finely-dice the shallots, sauté in a little butter until cooked and dry and set aside to cool.

Fry the pheasant breasts quickly in very hot oil to sear the outside and set aside to cool. Once cooled, wrap the breasts in prosciutto.

Roll out the puff pastry into two rectangles and place on cling film.

Smear the pheasant breasts with the pâté. Scatter shallots and mushrooms on the pastry and place pheasant breasts on top.

Roll the breasts in the pastry and make a hole on top. Place on a baking sheet and bake at 220°C for 5 minutes, then turn the oven down to 190°C for further 20 minutes.

Boil or steam the broccoli until tender (8-10 minutes), season and drain. Garnish with spring onion. Serve with a jug of blackberry jus.

### Inspiration

I really like working with ingredients I can relate to and this dish represents my time on the Great Bradley Estate in Newmarket where I regularly take part in beating and shooting during the shooting season.





### INGREDIENTS

3 pigeon breasts  
2tbsp tikka paste  
1 large onion  
1 large carrot  
2tsp fresh mint  
100g frozen peas  
270g filo pastry sheets  
(6 sheets)  
Leaf salad  
Honey  
Mustard  
Olive oil

### Homemade mango chutney

1/3 finely-diced mango  
1/2 finely-diced red onion  
1tbsp brown sugar  
1 garlic clove  
1/2 tsp ginger  
Salt and pepper

## Pigeon samosas and mango chutney

In a large, wide pan, heat 1tsp oil. Season the pigeon and fry until browned all over. Add the tikka paste and fry for another 2 minutes until fragrant. Add the grated onion and carrot and another 1tsp oil. Fry for another 2 minutes until vegetables are soft. Tip into a large bowl and mix with the frozen peas. Leave to cool.

Spread out a sheet of filo pastry, short end facing you. Brush with oil all over. Fold each long edge into the centre by 5cm, so you have a long, narrow piece of filo. Put about 130g of the fried on left corner of the pastry and fold the pastry over to make a triangle. Continue folding down the length of the pastry to make a samosa. Brush with more oil. Transfer to a baking tray lined with baking parchment.

For the chutney, combine all the ingredients in a medium saucepan set over a medium to low heat and cook, covered, for 30 minutes.

Heat the oven to 200°C/180°C fan/gas 6. Cook the samosas on the baking tray in the middle of the oven for 10 minutes. Turn the samosas over halfway through.

Combine honey and mustard to make dressing, pour over leaf salad and toss until salad is evenly covered in the dressing.

Once samosas are golden and piping hot, drain on a paper towel to absorb excess oil. Serve with salad and the homemade chutney.

### Inspiration

I decided to use wood pigeon for my samosas because it's a dark meat and very lean so it was ideal to use in crispy filo pastry as the pastry wouldn't go soggy. I shot the pigeon with my dad on a cold night's roost shooting in Leicestershire. Therefore my pigeon was a locally sourced ingredient. I adapted the recipe for a lamb tikka samosa dish, but I think my version is healthier because pigeon is a lot leaner and I used light filo pastry which was baked, not fried, which reduced the fat content in my dish.



**INGREDIENTS**

3 pheasant breasts  
 2 large handfuls of rocket leaves  
 5 asparagus  
 ½ can chickpeas  
 ½ bunch coriander  
 2 medium potatoes  
 ¼ red cabbage  
 1tbsp honey  
 1tbsp wholegrain mustard  
 5tbsp apple cider vinegar  
 2tbsp sugar

**Optional:**

1 chilli  
 1tsp cumin  
 ½ paprika  
 2tbsp oil  
 Salt and pepper  
 2tsp Herbs de Provence



## Honeyed pheasant salad

**C**hop up the red cabbage into thin, long slices. Put into an air tight container and add the apple cider vinegar and sugar to pickle the cabbage. Cover and set aside.

Pre-heat the oven to 190°C. Dice the potatoes, place on an oven tray and coat with 1tbsp oil and Herb de Provence. Bake for 20 minutes.

Make sure the pheasant breasts are clean and coat in a little oil, spices and salt and pepper. Then fry in 1tbsp of oil for about 2 minutes per side, until light brown in colour. Allow to rest for a few minutes.

Blanch the asparagus in simmering water for 3 minutes. This way they will still be slightly crunchy.

Now, whisk together the honey, whole grain mustard and 1tsp of water to make the salad dressing. Place rocket, roughly-chopped coriander, the pickled cabbage, chickpeas, herby potatoes and asparagus in a large serving bowl. Drizzle over the dressing (leave roughly 1tbsp) and toss the salad until all is lightly coated.

Slice the pheasant breasts diagonally into 1cm thick pieces and lay them on top of the salad. Drizzle the remaining dressing over. You can also sprinkle some thinly-sliced chillies on top for some extra flavour. Enjoy!

**Inspiration**

I wanted to encourage those who might have never come across pheasant before to try it. My dish be the perfect introduction to the delicious flavours of game. I created it with picky eaters in mind, that's why I used common flavours. The crunchy pickled red cabbage represents the cabbage served with a kebab and the herby potatoes are inspired by nation-favourite chips.

My hope was that if I used flavours commonly liked while putting a twist on them, the dish would become a lot more appealing to those who aren't familiar with pheasant. The wide use of vegetables in a dish also means that one serving provides 2 of your 5 a day. As we all know, eating healthy is important!



### INGREDIENTS

1 whole pheasant  
2 large mushrooms  
2 rashers of bacon  
250ml goose fat  
3 thyme sprigs  
2 bay leaves  
1 garlic bulb  
100g of pasta flour  
1 pinch of salt  
1 medium egg  
100g butter  
Balsamic vinegar glaze  
1 handful of fresh parsley

## Pheasant, bacon and mushroom tortellini

**T**ake the legs off the pheasant carcass and place in a saucepan with bay leaves, half the garlic bulb and thyme. Pour over the melted goose fat and cover.

Confit on low heat for 2 hours.

Roast the rest of the pheasant with the other half of the garlic bulb, thyme and bay leaf at 150°C for 20 minutes.

Mix salt and flour together and make a well in the middle. Pour the beaten egg into it, mix with a knife until dough is formed. Knead until smooth and elastic. Cover the dough in cling film and place in the fridge.

Cut bacon into cubes and fry in a pan with a little bit of butter. Dice the mushrooms, add to bacon and sauté for 5 minutes until the bacon is crispy and the mushrooms are well cooked. Cover and allow to cool in the fridge.

Once the pheasant is cooked, separate the meat from the legs and take the breast off the crown. Mix the pheasant meat with bacon and mushrooms. Add chopped parsley, thyme, seasoning and a little goose fat to combine.

Roll out the pasta dough into thin see-through sheets. Cut it into thin circles and put a tablespoon of the pheasant mix in the middle, fold the dough over and pinch together to make tortellini. Bring a saucepan of salted water to the boil. Add the tortellini and cook for 3 minutes.

Now, heat up some butter in a frying pan and add some parsley and mix. Add the cooked pasta and allow it to absorb some of the butter.

Serve the tortellini with the parsley butter poured on top. Drizzle the balsamic vinegar over the dish and garnish with fresh parsley leaf.

### Inspiration

I enjoy fresh and tasty foods, that's why I decided to make this dish. I feel that the flavour combinations go really well together and the herbs I used helped to really bring out the flavour of the pheasant. I decided to serve the meat within tortellini because I felt this would help to contain all the ingredients neatly. The light pasta complemented the filling without being overpowering so the flavour wasn't compromised. This dish is a great starter as the pasta melts in your mouth and a punch of flavour hits your palette, preparing you for the main course.

*Lewis Gurney Brooke Weston Academy Corby*

**INGREDIENTS**

300g basmati rice  
 200g venison shoulder  
 1 large onion  
 6 cardamom pods  
 1 cinnamon stick  
 2tbsp cumin seeds  
 1 large piece of fresh ginger  
 2 green chillies  
 4 garlic cloves  
 1 large pomegranate  
 Fresh coriander  
 1tbsp mustard seeds  
 1tbsp sugar  
 1tsp Biryani Masala spice  
 150ml water  
 Vegetable oil  
 Salt



## Venison and pomegranate biryani

**C**ook the rice and let it cool. Dice the venison shoulder into bite-sized chunks. Crush the garlic and finely-dice the onion.

Heat some oil in a pan and add cardamom, cinnamon, cumin and mustard seeds. Stir in the venison and cook until the meat turns brown. Stir in the garlic, onion and biryani spice. Add 150ml water and fresh coriander. Stir well and add in the rice and pomegranate seeds.

To serve, garnish with sprigs of coriander and fresh pomegranate seeds.

### Inspiration

The reason I chose this dish is because I feel it is a modern twist on a culinary classic. I really enjoy working with Indian spices and flavours and this is a perfect combination with the deep, intense flavours of venison. The pomegranate seeds add vibrant bursts of flavour and colour. Finished dish is a kaleidoscope of colour, typical of the Indian cuisine. I enjoy cooking this meal for my family as it is a quick and tasty recipe.



**INGREDIENTS**

Two pheasant breasts  
 50g butter  
 2 white onions  
 4 sprigs of sage  
 300ml cider  
 1 apple  
 250ml chicken stock  
 75g bacon lardons  
 2 vegetable stock cubes  
 Roasted chestnuts  
 3-4 chestnut mushrooms  
 ½ crushed garlic clove

## A very pleasant pheasant

**B**oil a pan of water and add 2 vegetable stock cubes. Thinly slice the cabbage and cook in the stock until soft but not mushy. Press any excess water out.

Heat the oven to 180°C and roast the chestnuts for approximately 20 minutes.

Melt butter in a frying pan, add bacon lardons and chopped onion. Fry until crispy, then remove from pan. Mix those with the cabbage.

Melt a little butter in a pan, add crushed garlic, sage and whole chestnut mushrooms. Drain off any excess fat once cooked. Add chicken stock and cider and then reduce by half. Liquidise the sauce to create a gravy.

Season the pheasant breasts and fry in the leftover bacon fat until browned for 2 minutes each side. Allow it to rest.

Plate the dish by placing cabbage with pheasant on top and chestnuts around the side. Garnish with fine strips of apple and serve sauce in a sauceboat.

### Inspiration

This recipe is gluten and dairy free. Also every single ingredient comes from Somerset. I have always enjoyed cooking but since I've been at Churchill, I have become a little bit of a cooking diva. I never cooked game before so this was a good challenge. I wanted to cook something that was more than just a meal to me. I think my meal tasted amazing and looked really good too. I never tried pheasant before but now I will be eating it on a regular basis.

## INGREDIENTS

200g minced venison  
 ¼ red onion  
 40g blackberries  
 1tbsp breadcrumbs  
 1 egg yolk  
 450g potatoes  
 1 rosemary sprig  
 1 garlic clove  
 2tbsp olive oil  
 1 beef tomato  
 6 savoy cabbage leaves  
 Knob of butter  
 Pinch of granulated sugar  
 100ml lamb stock  
 2tbsp double cream  
 1tsp of whole grain mustard  
 Salt and pepper



# Venison burger with Italian roast potatoes and tomato parcels

**P**re-heat oven to 180°C. Cut the potatoes into 2cm cubes. Mix with olive oil, crushed garlic clove, rosemary and salt and pepper. Place onto a roasting tray to cook for approximately 35 minutes, turning occasionally.

Rub the butter around the inside of two small ramekin dishes. Line the dishes with the cabbage leaves (3 for each dish). Slice the top and bottom off the tomato and then cut horizontally in half. Put each half on top of the cabbage leaves and season with salt, pepper and a little sprinkle of sugar. Place in the oven, alongside the potatoes, for about 30 minutes.

Pass the blackberries through a sieve, collecting the juice in a bowl. Pick the husks out of the pulp and throw them away. Sweat off the finely-cut onion and mix with the blackberry pulp, venison, breadcrumbs and egg yolk. Season with salt and pepper and mix thoroughly to combine all the ingredients.

Divide the burger mixture into two equal parts and use a burger press to make quarter pounder burgers.

Heat some oil in a pan and fry the burgers for 3 minutes on each side. Wrap the cooked burgers in foil and allow to rest.

Heat the lamb stock and transfer to the frying pan the

burgers were cooked on. Deglaze the pan and allow it to reduce by half. Add the cream, mustard and the blackberry juice. Season with salt and pepper.

Plate up the dish by turning out the cabbage and tomato parcel and presenting it cabbage side up. Place potatoes and burger on the plate and drizzle over the mustard and blackberry sauce.

## Inspiration

I wanted to combine my two favourite meals – burgers and a Sunday roast. I decided that roast potatoes, cabbage and baked tomato would accompany the venison burger very well. I researched what sauces are used with venison and it seemed that blackberries are often used. I wanted to make a gravy sauce, so I combined blackberry juice and mustard and I think it worked really well.

The ingredients I used are all available in the UK in autumn, so this dish would be seasonal, when local venison, cabbage, blackberries and tomatoes are all be available. I think that my meal is very balanced and venison is a healthy, lean meat (naturally low in saturated fat). The splash of cream provides a little bit of luxury!

*Seth Vaughan Sandbach School Sandbach*



## INGREDIENTS

2 pheasant breasts  
1 garlic clove, crushed  
1 thyme sprig  
25ml rapeseed oil  
1 sage bunch  
25g unsalted butter  
2 large Estima potatoes  
1 savoy cabbage  
150g Pancetta  
1 egg  
Flour  
Breadcrumbs  
1 small butternut squash  
Handful blackberries  
100g white wine vinegar  
100g sugar  
250ml pheasant stock  
Salt and pepper

## Autumnal game

**T**hinly slice 100g cabbage and cut the pancetta into small slices. Peel and cube the potatoes and cook in salted water until soft. Drain, put aside to cool, then mash.

Fry the pancetta until brown and crispy, add the cabbage and cook until soft. Then, add enough mashed potatoes to bind together. Season with pepper. Shape, wrap in cling film and freeze. Dip in flour, egg and breadcrumb just before deep frying.

Cut a cylinder-shape out of a butternut squash with a metal circle cutter and place in a saucepan with some water and butter. Allow water to evaporate (butter will caramelise the bottom). Use knife to check if soft. You can add more water and cook further if needed.

Mix crushed garlic, thyme and rapeseed oil together and marinate the pheasant breasts for as long as you can. Fry in a little oil.

Take the mash out of the freezer, dip in flour, beaten egg and breadcrumbs. Deep fry until golden and dry off on a paper towel.

Mix sugar and white wine vinegar to 1:1 ratio. Gently heat to dissolve sugar, add the blackberries and leave to pickle.

Fry sage leaves in butter until crisp.

To make the jus, reduce stock down then add wine,

vinegar and butter. Season to taste.

Place the butternut squash, fried mash and pheasant breast cut in half. Top up with some blackberries and pour some jus over the plate.

## Inspiration

I have not cooked game before and I wanted to broaden my knowledge and expand my culinary expertise, that's why I decided to try pheasant. I wanted to try out some new autumnal flavours, textures and colours as it is difficult to make an aesthetically pleasing dish in autumn. Preparing this dish really helped me improve my cooking techniques and this benefited me for my GCSE coursework and overall skills.

*Charlotte Fife Invieta Grammar School Maidstone*



## INGREDIENTS

1 duck breast  
1 orange  
100g raspberries  
1 large sweet potato  
5 asparagus tips  
50ml double cream  
2tbsp olive oil  
25g sugar



# Duck breast in raspberry and orange sauce

**P**re-heat the oven to 200°C and boil some water in the kettle. Heat 1tsp of oil in a pan and fry the duck breast fat side down for 5 minutes. Turn over and cook for further 2 minutes. Cover in tin foil and place in the preheated oven at 200°C for 5 minutes. Leave to rest.

Transfer the boiling water from the kettle to a large pan and bring back to the boil.

Blend the raspberries, the orange juice and 25g sugar. Strain through a sieve to remove seeds.

Peel and dice the sweet potato, then transfer to the pan of boiling water. Cook until soft. Drain but leave in the pan. Pour in double cream and season with salt and pepper. Mash until smooth and soft. You can use an electric whisk or hand-held blender for a smoother mash.

Gently heat 1tbsp of oil and fry the asparagus a few minutes.

Spoon the sweet potato mash into a piping bag with a decorative nozzle. Turn on the grill. Pipe sweet potato onto a plate. Place sweet potato under the grill for about 1 minute.

Spread some raspberry and orange sauce over the plate to decorate. Slice the duck breast and carefully place on the piped sweet potato. Put the asparagus over the duck.

## Inspiration

I decided to focus on using local produce in my recipe. I got all the products from a local greengrocer who sources fruit and vegetables from the local area.

I wanted to create a simple but also modern dish. The sweet potato has become a popular alternative to the white potato. To brighten up the dish, I decided to add a raspberry and orange coulis. Orange is the traditional flavour served with duck but I wanted to add more depth to the flavour. I feel I have done just that by using raspberries. I am also a big lover of baking and enjoy presenting and serving the food in an appetising way, that's why I decided to incorporate my piping skills into this recipe.

*Jazlyn Vickers Longridge High School Preston*



### INGREDIENTS

2 duck breasts  
1tbsp Chinese Five Spice  
1tbsp Sichuan pepper  
½tsp sea salt  
2 peaches (or 1 tin of drained peach slices)  
1tbsp honey  
1tbsp rice wine vinegar  
2tbsp sesame oil  
1tbsp chopped ginger  
3tbsp hoisin sauce  
1tbsp toasted sesame seeds  
2 sliced spring onions  
175g jasmine rice

## Crispy duck with sticky peaches

**T**ake the duck breast out of the fridge 30 minutes before cooking. Score the skin. Combine Chinese Five Spice, Sichuan pepper and salt and rub all over the breasts.

Put rinsed rice in a saucepan with ½ pint boiling water. Bring to the boil, cover and simmer for 15 to 20 minutes.

Put the breasts skin side down in a cold pan and heat slowly to melt the fat and crisp the skin. This should take 10 to 15 minutes. Turn over after 10 minutes and cook for a further 5 minutes. Allow to rest on a paper towel for about 2 minutes.

Combine honey, vinegar, sesame oil, ginger and hoisin sauce with a tablespoon of water and allow it to boil. Reduce to a simmer. Skin, stone and cut the peaches into eight slices. Add them to the pan. Reduce until sauce becomes sticky but not dry. The peaches should gently cook but not break down.

Place a serving of jasmine rice on each plate, top with slices of duck breast and spoon over some sticky peach sauce. Scatter some thinly-sliced spring onions and sesame seeds on top.

### Inspiration

After celebrating the Chinese New Year with crispy duck, I wanted to use duck in a Chinese-style dish.

I know people who can supply us with duck. As it goes so well with fruit, I wanted to use a fruit that could go with it and taste amazing.

I love the texture of the crispy duck, with the sweet, sticky sauce. It is a great combination and the peaches complement the dish perfectly.

## INGREDIENTS

2 wild duck breasts  
 ½ small celeriac  
 85g smoked bacon  
 1tsp thyme  
 ½ savoy cabbage  
 50ml double cream  
 100g chestnuts  
 2 pears  
 500ml red wine  
 350ml water  
 60ml crème de cassis  
 2tbsp caster sugar  
 1 cinnamon stick  
 ½ chicken stock cube  
 Watercress  
 Knob of butter



## Pan-fried duck with poached pear

Combine the red wine, water, crème de cassis, sugar and the cinnamon stick and cook over a medium heat for 3 minutes. Peel the pears and add them to the pan. Cook for 25 minutes until pears are tender. Once cooked, remove the pears and set aside the juice.

Add the chicken stock cube to the pear juice, simmer on a medium heat to reduce. Towards the end of cooking, you can put the pears back in to keep them warm.

Dice the celeriac, shred the cabbage, slice the chestnuts and chop the bacon into small pieces. Score the duck breasts and season with salt and pepper. Place the duck breasts skin side down in a cold pan and fry for 7 minutes until golden and crisp. Then turn the duck breasts over and cook gently for further 5 minutes. Remove the duck breasts from the pan and rest – then slice the breast ready to plate up.

Add the celeriac and bacon to the duck fat and cook for about 5 minutes, until the bacon starts to crisp. Add the thyme then the cabbage and cook until it starts to wilt. Pour in the water and simmer until evaporated.

Stir in the cream and chestnuts and allow to warm throughout. Remove from heat, add butter and purée. Season to taste, plate up and serve.

### Inspiration

Having never cooked game before, it was a challenge to think of a suitable dish. I've always loved crispy duck, so thought that a duck recipe would be a good start. I have taken ideas from a couple of different recipes and combined them to come up with my dish. I think that the flavours complement each other very well!





## INGREDIENTS

2 pheasant breasts  
1 large potato (suitable for roasting)  
1 sprig of thyme  
10 dried apricots  
1 apple  
2 garlic cloves  
6 strips of bacon  
1 egg yolk  
2 onions  
2 garlic cloves  
2 carrots  
1 handful of fresh thyme  
Salt and pepper  
2 celery sticks  
100ml red wine  
1-2tbsp olive oil  
150ml chicken stock  
175g blackberries  
4 dried juniper berries  
Butter

# Pheasant Ballotine

To make the jus, roughly cut the onions, carrots, celery and garlic and put them in a pan. Add the thyme, half of the blackberries, crushed juniper berries and the red wine. Heat gently to reduce. Add the chicken stock and cook for 10 more minutes.

Roughly chop the apricots and thyme. Lay out three overlapping slices of bacon, sprinkle the thyme over the top and lay the pheasant breast on top. Cover in a thin layer of apricots. Season with salt and pepper and wrap the bacon tightly around the breast to form the ballotine. Repeat the steps for the second breast.

Heat a tablespoon of oil and some butter in a frying pan. Fry the breasts for 3 to 4 minutes on each side or until the bacon is crispy and golden.

Heat the oven to 180°C. Put the breasts onto a baking tray and cook for 5 to 7 minutes to finish the cooking.

To make rosti, grate the potatoes and the apple separately and set aside. Place the grated potatoes in a clean tea towel and squeeze out as much moisture as possible. Mix with grated apple and egg yolk until well combined. Season with salt and pepper.

Heat a teaspoon of butter in a pan. Transfer the rosti mixture into the pan. Make sure it is spread evenly and not too thick. Fry for 3 to 4 minutes or until crispy and golden brown, pressing down occasionally.

Chop the carrots and cook with a handful of kale for 10 minutes.

Place the ballotine next to the rosti and a good serving of kale and carrots. Pour the jus over the meat and rosti and throw in a few whole blackberries to dress.

## Inspiration

When I was younger, I used to go to my grandparent's orchard and pick their apples for them. With these apples, my grandmother always made the best apple and blackberry crumble. That's why I wanted to use apples and blackberries in my dish. I decided to use pheasant because my grandad used to go shooting.

I got my pheasant from a local butcher, the blackberries were from my grandmother and the apples from the local farm shop.

## INGREDIENTS

1 partridge  
1 Comice pear  
100g kale  
3 cloves garlic  
50g butter  
100g sausage meat  
3 rashers streaky bacon  
50g chopped chorizo  
50g sage leaves  
Salt and pepper  
½ bottle red wine  
50g breadcrumbs  
50g sugar  
2 parsnips  
Vegetable oil



## Stuffed roast partridge with poached pear and veggie crisps

**M**ix the sausage meat, chopped sage, breadcrumbs, finely-chopped garlic, chorizo, salt and pepper to make the stuffing. Put the stuffing inside the partridge. Preheat the oven to 220°C. Wrap the bacon around the partridge and place in the oven for 15 minutes.

Mix wine and sugar together in a pan and bring to the boil. Peel the pear, add to the pan and simmer.

Shave the parsnip to make the crisps. Toss the shavings with a little vegetable oil, sprinkle with salt and pepper and bake at 220°C for 10 minutes.

Steam kale over salted water until soft. Sweat garlic slices in butter. Add drained kale, toss lightly.

Remove bacon to allow partridge to crisp.

Dress hot plate with roasted partridge, poached pear, parsnip crisps and kale. Serve and enjoy.

### Inspiration

I was able to source all the ingredients locally. We have a pheasant and partridge shoot at home in the Wye Valley, where I often help and shoot. Some of the game cover is kale. There is a vineyard producing all colours of wine too, and an apple and pear orchard. Parsnips are grown on a nearby farm, so this is very much a home-produced meal with hardly any food miles!



### INGREDIENTS

1 pheasant crown  
1 chicken stock  
3 parsnips  
100ml cream  
1 lemon  
Butter  
¼ savoy cabbage  
1 shallot  
Fresh thyme  
Salt and pepper  
Vegetable oil

## Poached pheasant with chou farcis

**P**eel the parsnips and cook in gently boiling chicken stock for around 15 to 20 minutes or until tender.

Remove from the stock and blend two parsnips in a food processor. Keep one parsnip whole for the parsnip chip.

Add 50ml cream and a little stock (reserving the rest for poaching) and blend until silky smooth.

Season with salt and pepper and pass through a sieve. Set aside.

Blanch one outer leaf from the cabbage in boiling, salted water until tender. Finely cut the rest of the cabbage to its core. Blanch until tender, for about 4 to 5 minutes, strain and gently squeeze to remove all the water.

Finely slice the shallot and cook on a medium heat with a little butter. Add the remaining cream and thyme. Reduce slightly and add the sliced cabbage. Stir to combine, season with salt and pepper.

Once cooled, shape the sliced cabbage into a ball and wrap in the blanched cabbage leaf. Wrap tightly in cling film to hold its shape.

Bring the remaining stock to the boil and remove from the heat. Place the pheasant in the stock, cover tightly and leave for 10 minutes. Take the pheasant out and pat dry. Heat a little oil in a sauté pan. Season the pheasant with

salt and pepper and sauté until golden brown.

Cut the remaining parsnip into slices and pan fry in a little butter until golden brown.

Warm the cabbage ball in some boiling water for about 4 minutes, take out and cut off the cling film. Reheat the parsnip purée, slice the pheasant in half. Place parsnip chips in centre of plate and arrange pheasant on top. Pipe parsnip purée to one side and place chou farci on the plate. Glaze the pheasant with some of the pan juices before serving.

### Inspiration

I live on a farm and I love cooking game, especially pheasant. I love experimenting and trying different combinations of flavours. I prefer to pan fry pheasant before serving, as it browns off nicely.

*Pollyanna Smith St Gabriel's School Newbury*



## INGREDIENTS

1 venison loin  
1 breasted out pigeon  
100g butter  
88g risotto rice  
White wine  
90g peas  
250ml chicken stock  
100g parmesan cheese  
5 blackberries  
1 handful of thyme  
1tbsp cranberry sauce  
250ml rhubarb and  
ginger gin  
1 cube of dark chocolate  
Sugar  
Vinegar



## Fur & Feather

Pickle blackberries in 1:1 ratio mix of sugar and white wine vinegar. Slowly heat to dissolve sugar, add the blackberries and leave to pickle.

Finely cut the onion and sweat in a little butter. Add rice and wine and cook for 1 minute. Add a ladleful of stock every few minutes when the rice absorbed all the moisture. Leave a little of the stock for the pea purée.

Combine gin, cranberry sauce and a bit of chocolate to make the sauce.

Mix remaining stock with half the peas and blend to make purée. Add to the risotto together with the remaining peas and some parmesan. Take off the hob and put the lid on. Leave to rest.

Fry the pigeon breasts in butter for two minutes and venison for 3 minutes on each side. Allow to rest.

Cut the meats and pack the risotto in a pastry ring. Place venison on bottom and top up with pigeon.

Pour the sauce over and add the blackberries.

Place glass cloche on top and pump in some apple wood smoke if you really want to show the dish off.

## Inspiration

My family always inspired me when it comes to game. It is a big part of my family's normal diet. The presentation of my dish was inspired by autumnal forest and grassland theme, which is where game lives. I used apple wood chips to pump the smoke into a glass cloche which covered my dish. It was meant to represent the smoke from the barrel of the shotgun.

I have created a dish of game with a modern twist. It is quick and easy for anyone to make. The pea risotto can be pre-cooked and re-heated to make things easier.

I used local fallow deer, which I asked the butcher to mature for two weeks, and woodpigeon from Newby Hall.



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