

# game-to-eat

[www.gametoeat.co.uk](http://www.gametoeat.co.uk)

Grouse Recipe Special Edition



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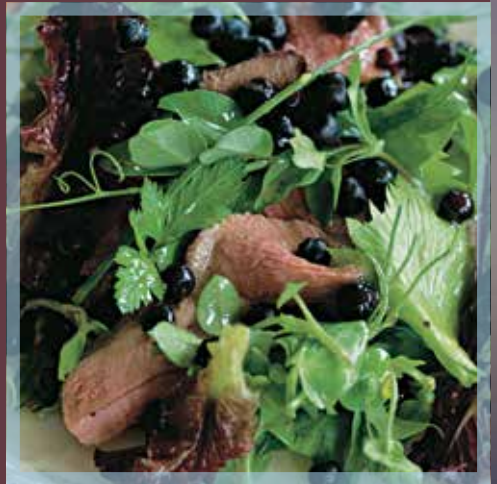
The voice of the countryside

# Foreword

Grouse shooting is at the heart of the British uplands and it is of enormous economic, social and environmental importance. For many, however, the favourite part of a day's shooting is the quarry, and of all our feathered game grouse are widely considered to be the king.

Red grouse are a totally wild game bird unique to Britain, and they are restricted by the distribution of heather moorland that is managed for shooting. With the darkest meat of all game birds, and a distinctive flavour, this recipe booklet contains a collection of recipes that have been provided specially for Game to Eat by some of our top game chefs. It is our firm belief that grouse can and should be enjoyed by as many people as possible – and no other recipe booklet before has shown so many different and innovative ways in which to do so.

From the ever popular classic roast grouse that is featured by Tom Kitchin, to the more unusual grouse kebab or fried grouse legs, this booklet shows you how to enjoy, learn and experience more ways to cook red grouse than ever before. It shows just how adaptable, fun, and easy it is to cook when compared with many other meats, and why it should be up there with the best that this country has to offer.



We hope you enjoy trying the recipes, and will publicise the booklet to your friends so that together we can achieve the demand and appreciation for red grouse that it so rightly deserves, both in our homes and in our restaurants.

# Grouse Kebab Cauliflower Cous Cous



**John Doe**

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## Ingredients

4 grouse

For the cous cous

1 cauliflower

1 red onion finely diced

2 preserved lemons finely  
diced

1 pomegranate

½ bunch of coriander

¼ bunch of mint

1 teaspoon of sumac

25ml olive oil

**Serves 4**

## Method

- Prep the cauliflower into florets. Put them into a food processor and pulse until the cauliflower is broken down to roughly the same size as cous cous. Add all of the other ingredients and season.
- Take the breasts off the grouse and slice diagonally into strips about the thickness of your little finger. Season these with ras el hanout, salt and pepper. Thread the strips onto a skewer. Put in the fridge to chill for a bit. Get a charcoal grill nice and hot and cook over the direct heat for about three minutes each side. Remove from the grill and rest the meat.
- Spoon the cauliflower cous cous onto a plate. Place the kebabs on the side. Garnish with coriander leaves and pomegranate seeds. Serve with harissa and greek yoghurt.

# Fried Grouse Legs



The Jugged Hare

www.thejuggedhare.com  
49 Chiswell St, London  
@thejuggedhare

## Ingredients

20 grouse legs  
100g potato starch  
100g corn flour  
1 tbsp cayenne pepper  
1 tbsp paprika  
Salt and pepper  
2L duck fat  
For the bread sauce  
1 pint skimmed milk  
1 onion  
2 cloves  
1 cinnamon stick  
2 tbsp chilli flakes  
500g breadcrumbs

Serves 4

## Method

- Firstly trim the grouse legs of any excess fat or gristle and place in a shallow pan and cover with duck fat.
- Heat slowly and keep the heat below 65 degrees, cooking for 90 minutes until the legs are soft to touch and fall apart.
- Drain the fat (this can be kept for use another day) and allow to cool until warm.
- To make the bread sauce, place the milk, peeled onion, cloves, cinnamon and chilli in a pan and heat gently to infuse flavour for 20 minutes.
- Strain the infused milk and return to the pan, add the breadcrumbs, a handful at a time, and cook out slightly until the desired consistency is achieved. Correct seasoning and finish with a splash of double cream to give a silky texture.

### To Serve

- Mix the potato starch, corn flour, cayenne, paprika and seasoning in a bowl. Take the cooked legs and dip into a little milk then into the flour mix and the deep fry until golden brown.
- Dry any excess oil with a piece of kitchen cloth and serve with a dip of the spiced bread sauce.

# Brined Beer-Can Grouse & BBQ Sauce



**John Doe**

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## Ingredients

4 grouse  
2 bottles of beer  
5 lemons, halved  
24 bay leaves  
1 bunch flat-leaf parsley  
1 bunch thyme  
125ml clover honey  
1 clove of garlic  
200ml black peppercorns  
500g sea salt  
9L water

**Serves 4**

## Method

- Put all of the ingredients into a saucepan and bring to the boil. Remove from the heat and allow to cool. Once cold pass and immerse the grouse for between 6 and 12 hours.
- Take the birds from the brine and rinse under cold water for a couple of minutes.
- Take a 150ml can and fill it  $\frac{2}{3}$  with your preferred beer. Impale the grouse on the can and cook in a hot oven for about 12-15 minutes depending on the size of the bird.
- Remove from the oven and allow to rest on the case.

# Grilled Spatchcocked Grouse



## Ingredients

- 4 grouse (spatchcocked)
- 150g bulgur wheat
- 350ml chicken or game stock
- 1 pinch saffron
- 2 tbsp ras el hanout
- 1 pomegranate
- 1 red onion finely diced
- 25ml olive oil
- 1 lemon zested and juiced
- Pinch of sumac
- ½ bunch wild garlic (if unavailable baby spinach will do)
- ½ bunch flat leaf parsley, chopped
- Salt and pepper to season



### John Doe

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## Method

- In a heavy bottomed pan heat a little of the olive oil. Drop in the saffron threads and fry gently without burning them. Add the bulgur and the ras el hanout stirring all the time until it turns light golden brown.
- Pour over the boiling stock remove from the heat and cover with a plate for about half an hour, stirring now and then to disperse the heat evenly.
- Chop the red onion finely and add to the warm bulgur. Add the lemon zest and pomegranate seeds, wild garlic and parsley. Taste. Season with salt, pepper, lemon juice, sumac and olive oil.
- Season the grouse with salt, pepper, ras el hanout and drizzle with olive oil. Light your grill. A BBQ with quality charcoal is best but a gas BBQ or oven will be fine.
- Brown each side of the bird at a reasonably high heat for a few minutes, taking care not to burn it. Move to a lower heat and continue to cook for a further five minutes – the internal temperature should be around 62°C. Let the bird rest for five minutes.
- Spoon the warm bulgur wheat on to a plate and place the grouse on top. Drizzle with olive oil, sprinkle a little sumac and sea salt. Garnish with parsley and the flowers of the wild garlic or baby spinach.

**Serves 4**

# Grouse & Pearled Spelt



**Lee Maycock**

Craft Guild of Chefs,  
Vice President  
@LeeMaycock1

## Ingredients

4 grouse  
50g diced onion  
100g pearled spelt  
500ml vegetable stock  
20g chopped fresh  
garden herbs  
Cornish sea salt  
Milled black pepper

**Serves 4**

## Method

- Season and sear the grouse in a hot pan and cook for a few minutes each side.
- Roast in a hot oven (200°C) for 10 minutes. Set aside and rest for 10 minutes.
- Sauté the onion in a little oil and add the spelt, adding the stock until cooked.
- Season well and fold through the chopped herbs.
- Remove the breast from the grouse and serve on top of the spelt herb risotto.

# Smoked Grouse Crostini



## Ingredients

Small loaf of sourdough bread

Soft goat cheese or curd

Smoked grouse breasts thinly sliced

Rocket leaves

50g hazelnuts

Handful of brambles

2 tbsp orange juice

Rapeseed or olive oil

Salt and pepper

Serves 10

## Method

- Slice the bread in even slices and grill on both sides for a nice crust.
- Toast the hazelnuts briefly and crush into small pieces.
- Bring the brambles slowly to the boil with the orange juice until soft.
- Push the mixture through a sieve with the back of a spoon.
- Mix the cooled bramble juice with the a few tablespoons of oil and season with a little salt and pepper to make the bramble sauce.
- Take a crostini and spread the goats cheese on top, add a few leaves of rocket and top with a couple of slices of grouse breast. Drizzle with bramble sauce and garnish with crushed hazelnuts.
- These Smoked Grouse Crostini's make a nice sharing starter or make them smaller for canapés.



**Great Glen  
Charcuterie**

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# Grouse Burger

## Ingredients

4 brioche buns  
Jar of dark marmalade  
4 handfuls of watercress  
4 thick slices of smelly blue cheese  
4 young grouse  
250g fatty minced smoked bacon to mix with minced grouse breasts  
12 rashers of rindless smoked bacon  
Bread Sauce  
½ large white onion  
6 cloves  
2 fresh bay leaves  
Pinch of sea salt  
350ml milk  
Pinch pepper  
1 loaf ciabatta  
15g butter  
2 spoons double cream

Serves 4



## Method

- Grind the grouse meat and the smoked bacon together and form four patties.
- Meanwhile, simmer the milk with half an onion stuffed with the cloves, bay leaves and seasoning in a pan for 10-15 minutes. De-crust your loaf and put into the food processor until you have a coarse breadcrumb. Strain the milk and chuck the debris. Return milk to a boil, turn down the heat and slowly add the breadcrumb. Add butter and cream, seasoning to taste.
- Cook your burgers as you would any other – about 4-5 minutes each side.
- Add a generous slice of blue cheese, and bang under the grill for another four minutes. Let your burgers rest somewhere warm for a couple of minutes whilst you fry your bacon. Remove bacon from the pan and toast each side of the bap in the bacon juices.
- Pile the burger and cheese, watercress, marmalade, bread sauce and bacon in the bap and enjoy.



**Eat Wild**

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# Roast Grouse



**Tom Kitchin**

Chef Patron of  
the Michelin-starred  
The Kitchin, Edinburgh  
[www.thekitchin.com](http://www.thekitchin.com)

## Method

- Preheat the oven to 200°C/Gas 6.
- Heat a tablespoon of vegetable oil in a roasting tin. Season the grouse very well, inside and out, then sear them in a pan until golden brown all over. Add the grouse, diced vegetables, baby onions and thyme sprigs to the tin. Place the grouse on one breast and roast for 3-4 minutes. Flip the birds onto the other breast for another three minutes. Next pour brandy into the birds and place them on their back to finish roasting – another five minutes.
- Rest the grouse for 10 minutes. Keep all the pan juices and vegetables.
- Put the roasting tin back on the heat on top of the stove and begin to reduce the cooking juices. Add the chicken stock, bring to the boil and let the sauce reduce and thicken. Take off the heat and pass through a fine sieve.
- Simmer the milk with the onion stuffed with cloves and cook until the onion is tender. Strain the milk into a clean pan and add the butter. Next, whisk in the bread off the heat and mix until smooth. To finish, season with salt, white pepper and nutmeg.
- Using the criss-cross part of a mandolin, cut the potato into slices roughly 3mm thick. Warm the oil gently on the stove. Dip a slice into the oil to check the oil is hot enough to fry. Fry the potatoes until crispy. Drain on paper towel and season lightly with salt.

## Ingredients

2 grouse, prepared and wrapped in bacon

Vegetable oil

50g celeriac, carrots, and celery, diced into 1cm squares

Baby onions

2 sprigs of fresh thyme

1 tbsp brandy

Salt and pepper

250ml chicken stock

Bread sauce

250ml milk

½ large onion, peeled

2 cloves

1 tbsp butter

110g white bread, crusts removed and cut into 2cm cubes

White pepper and salt

1 tsp nutmeg

Game chips

1 large potato

300ml vegetable oil and salt

**Serves 2**

# Grouse Salad

## Ingredients

### Salad

500g of grouse breasts, other game can be used

Sea salt and freshly ground black pepper

A good knob of butter

50-60g small salad and herb leaves, such as celery leaves, pea shoots, chives, chickweed

30-60g blaeberrries or blueberries, washed

### Dressing

6 tbsp cold-pressed rapeseed or olive oil

2 tbsp sherry vinegar or red wine vinegar



Serves 4



### Mark Hix

Recipe from Mark Hix:  
The Collection published by  
Quadrille Publishing

## Method

- To prepare the salad, season the grouse and pan-fry very briefly in the butter, so that they stay pink. Transfer them to a warmed plate and leave to rest, saving the juices.
- Make the dressing by mixing the oil and vinegar with any cooking juices, and season to taste.
- To make the salad, toss the dressing with the leaves and arrange on plates. Slice the grouse thinly and scatter over the leaves and the berries.

# Grouse Pate



## Ingredients

- 1 old grouse
- 50g butter
- 50g bacon or pork dripping
- 1 smoked bacon rasher
- 1 tsp cranberry jelly or sauce
- 75ml gin
- 6 juniper berries, crushed
- Salt and pepper
- To decorate – juniper berries and melted butter

Serves 2

## Method

- Cut the flesh off the grouse and dice it. You can use the carcass for stock.
- Sauté the grouse meat and rasher in the butter or dripping over a brisk heat, until just done and slightly pink inside.
- Transfer to the food processor and whizz until finely ground.
- Pour the gin into the pan and cook until well reduced then add the other ingredients.
- Add to the ground-up grouse and process until really smooth.
- Spoon into an earthenware dish, cover with melted butter and decorate with juniper berries.
- Refrigerate for 2-3 days before using or freezing.
- Serve with crisp oatcakes or as canapés on toast with your favourite chutney.



**David and  
Oliver Foods**

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@davidandoliver

# Grouse Rillettes with Black Truffle

## Ingredients

2 whole grouse  
200g pork belly  
500g goose/duck fat  
1½ tbsp salt  
1½ tbsp black pepper  
2 bay leaves  
Pinch of grated nutmeg  
2 tbsp best quality black truffle paste

Serves 2



The Game Chef

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@tomgamechef

## Method

- Heat the oven to 140°C.
- Melt the goose/duck fat in a heavy pan/casserole dish with a close fitting lid.
- Season the grouse and pork well with the salt and pepper.
- Add the meat to the melted fat, along with the bay leaves, ensuring it is submerged and cover with the lid.
- Place in the oven for 3-3½ hours until the meat is completely tender and falling from the bone.
- Wait until it is cool enough to handle, then pick all the meat from the bones and place in a bowl.
- Scrunch and shred the meat with clean hands, you want a slightly stringy texture.
- Separate the fat from the juices lying at the bottom of the dish.
- Mix in all the juices and half the fat along with the nutmeg and truffle paste.
- Check for seasoning, then press into a non-metallic dish/jar.
- Cover with a thin layer of the remaining duck fat to seal in the truffle aroma (keep the rest for roast potatoes).
- The rillettes are ready to eat, but will improve after a few days in the fridge, and will keep for at least a month in the fridge.

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# Rustic Confit Grouse



## Ingredients

- 6 whole grouse
- 1kg duck fat
- 1 tsp cracked black pepper
- 100g sea salt
- 12 large garlic cloves
- 2 rosemary sprigs
- 2 juniper berries
- 100ml sloe gin

Serves 6

## Method

- Mash the pepper, salt, 2 garlic cloves, juniper and 1 rosemary sprig in a pestle and mortar.
- Cut the grouse in half using poultry scissors.
- Rub the salt mix roughly over the grouse skin and put them skin side down in a large flat dish. Pour the sloe gin over the grouse, cover with cling film and leave overnight.
- Remove the grouse from the dish and brush off the salt mix using some paper towel.
- Place the grouse (skin side up), the remaining garlic and rosemary sprigs in a large oven dish and cover with duck fat (ensuring the grouse is completely covered).
- Put the dish in the oven (160°C, Gas 2) for 3-4 hours. The meat should fall off the bone easily when touched.
- Remove the grouse and the garlic from the baking dish and place the grouse skin side up on a baking tray.
- Roast in an oven at 190°C, Gas 6 until the skin crisps (roughly 30 minutes).
- Serve with the garlic cloves, some salad, and rustic potatoes or chips.



**Colstoun  
Cookery School**

[www.colstouncookeryschool.co.uk](http://www.colstouncookeryschool.co.uk)  
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# Grouse Sandwich



**Lee Maycock**

Craft Guild of Chefs,  
Vice President  
@LeeMaycock1



## Ingredients

8 grouse breasts  
4 black pudding slices  
4 soda bread slices  
100g mixed salad leaves  
Lemon oil  
Cornish sea salt  
Milled black pepper

**Serves 4**

## Method

- Season and sear the grouse in a hot pan and cook for a few minutes each side pending size then set aside.
- Grill the black pudding slices.
- Toast the soda bread.
- To build the sandwich place the soda bread on a plate and top with the black pudding.
- Arrange the salad on the black pudding and place the grouse on top, season and drizzle over a little lemon oil.



## For further information please contact:

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# [www.gametoeat.co.uk](http://www.gametoeat.co.uk)

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