



GAME
RECIPES
FOR CHARITY
CHEFS



THE
**COUNTRY
FOOD**
TRUST

THE COUNTRY FOOD TRUST GAME RECIPES FOR CHARITY CHEFS

The Country Food Trust is a charity food producer making top quality protein based ready meals in ambient pouches which we donate to charities that feed people in need. Currently we have three products :

The Country Casserole, a nutritious and warming pheasant casserole

The Country Curry, a mildly spicy pheasant curry

The Country Bolognese, a rich and tasty venison ragu.

Since inception in 2015 we have produced over 1.9 million meals, which are donated to those in food poverty through charities that feed people in need or through amazing charities like FareShare who distribute food nationwide to other charities.

We have now started to work with charities that can accept frozen game meat and make great fresh meals for their customers. To help chefs who may not be familiar with game our Chef Tim Maddams has reached out to a host of well-known and expert game chefs and asked them to produce recipes using either minced, diced or whole pheasant or partridge breasts and minced venison using ingredients likely to be found in a charity kitchen and able to be prepared in a kitchen with limited equipment. All of them gave their time freely to produce these recipes and top food photographer James Murphy did the photography free of charge. We were delighted with the response and thank them all profoundly - even if one or two of the chefs found the simplicity of the request a challenge!

We hope the following pages will give you some ideas that will help you prepare delicious food for those that you are looking after. We appreciate that whilst some of you may have well-furnished kitchens many of you work in incredibly tricky culinary environments and we have tried to bear that in mind.

If you have any feedback that can help us develop this booklet, then please let us know or equally any recipes you think we should include for future versions then we would be delighted to hear from you.

Best Wishes



Tim Maddams
Chef and Food Consultant to
The Country Food Trust



Tim Woodward
CEO The Country Food Trust
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GUIDANCE ON LEAD

The Country Food Trust produces three ready meals – The Country Casserole, The Country Curry and The Country Bolognese. These contain meat that has been shot rather than farmed. The Casserole and Curry despite being scanned for lead twice may contain traces of lead and each food pouch carries an appropriate lead warning. The Bolognese uses venison shot without the use of lead and therefore does not contain lead.

The Country Food Trust takes its responsibilities regarding lead very seriously and lead detectors are used at both the game dealer and again at our food production company. We regularly test our products for lead to ensure that this detecting is helping to keep lead to the minimum in our products. However, please be aware that the FSA states that there is no official safe limit for lead.

The Country Food Trust is also able to provide chilled or frozen game meat to charities that cook their own meals onsite. If your charity elects to take this meat then please be aware that whilst it comes from local game dealers that are Approved Game Handling Establishments it may or may not have been scanned for lead.

Since 2012, The Food Standards Agency has advised people not to consume game meat that has been shot using lead too frequently. This is especially important for toddlers and children, pregnant women and women trying to conceive, because exposure to lead can harm the developing brain and nervous system. We would therefore ask you to ensure that you do not feed these vulnerable groups with either our two meals or the chilled / frozen game meat.

A link to the FSA's guideline on lead in food can be found here:

www.food.gov.uk/safety-hygiene/lead-shot-game

Before we supply these products, it is important for organisations that are distributing or using our food to read and understand these guidelines

Many thanks

The Country Food Trust

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BASIC COOKING GUIDELINES FOR PARTRIDGE OR PHEASANT BREASTS

by Tim Maddams - Consultant Chef to The Country Food Trust

Note on defrosting – Please note that all frozen meat should be defrosted over a 24-hour period in a chiller or in a cool room. In urgency pheasant and partridge breast packs can be defrosted in running cold water within their packs. NEVER defrost meat in warm water or at an ambient temperature.

OVERVIEW

Broadly speaking pheasant and partridge breast meat can be treated in the same way you would treat chicken breast meat. The main difference to cookery being that they will be tougher and far more lean than chicken so will not forgive over cooking quite so well.

If the meat is to be cooked on its own rather than within a sauce of some kind, it is highly recommended that this is done at a high temperature for the shortest time possible to achieve a sensible core temperature –ideally, they will be just done in the middle and not too dry. Cooking for longer will result in chewy / possibly stringy meat.

If you have the facility in your kitchen to do so, they mince very well and make excellent meat balls, ragu etc.

Curries, white sauces, casseroles and stews work very well but fat needs to be added to prevent the meat being dry after cookery and it's best to cook these dishes long and slow so that the meat begins to fall apart, and is very tender.

TO PAN FRY OR ROAST...

Well-seasoned breast meat can be cooked very quickly, either whole or shredded / sliced for spicy wraps, stir fry etc. As a general rule cook hot and quickly – rest well.

- Start with a hot pan or oven.
- Season well.
- Use oil and / or butter to add a little fat to the meat.
- Cook for just 5 minutes per side and rest for 5 minutes in the hot pan before probing.
- Try to avoid drying the meat out with overly long cooking.
- Slice through a few times before serving.

TRICKS THAT WORK WELL...

We have found that the following ways of cooking with pheasant and partridge work very well indeed, are quick, simple, cheap and adaptable.

- Bread-crumbing works well on both escaloped (butterflied) and sliced breast meat.
- Marinating the meat in yoghurt and spices before currying makes the meat more tender.
- Marinating in a little lemon juice before cooking makes the meat more tender.
- Battered strips of game meat fry very well.
- “Stroganoff” type dishes work well and are very quick.
- Roasting the meat and allowing it to cool for use cold in salads, with baked potatoes etc is a winner as you can then dress the meat with oil / mayo / etc to help make it more moist after cooking.

GOLDEN RULES

Avoid over cooking.

Always add a little fat.

Game meat has more flavour, so can take stronger flavours with it than chicken.

Always follow Due Diligence procedures for your kitchen.

ADVICE ON USE OF MINCED VENISON IN CHARITY KITCHENS

by Tim Maddams - Consultant Chef to The Country Food Trust

SAFE DEFROSTING OF PACKS.

Packs should be defrosted in accordance with best practice procedures these include :

1. Defrost should take place in a refrigerator over a 24 hour period.
2. Defrosting packs should be placed in a tray so any escaping fluid is not spilt.
3. Defrosting meat should be stored below cooked products in the fridge.
4. Defrosted meat should be used up within 2 days of defrosting.
5. Defrosted meat should not be re-frozen unless it has been further prepared and cooked.

COOKING VENISON MINCE

When cooking venison there are a few things to bear in mind.

1. Fat content. This will be lower than with most farmed meats so care should be taken to avoid dishes from drying out.
2. Stronger flavour – Venison is naturally quite strong in flavour and can have a livery edge to the taste at times (this is due to its higher nutrient density compared to most farmed meats) it is best not to over cook it if making things like burgers or kebabs. When slow cooking for things like bolognise or meat balls this is less of an issue but worth taking into account.
3. Density – minced venison will be more dense than commercially minced lamb / beef so you should find that although there is a little more texture to the meat it will create more meals than expected and any extra texture can be reduced by longer, slow cooking.
4. Roughly speaking, if you think of it as a cross between minced lamb and minced beef you won't be far wrong, it has a stronger flavour than beef but far less fat than lamb making it ideal for things like cottage pie, curry and pasta sauces.

A FEW LINES ON THE SUSTAINABILITY AND ETHICS OF VENISON MEAT

A few people find the idea of eating venison a bit ethically tricky – but this is actually one of the most ethically produced meats in the world. Broadly speaking most deer are wild animals. There are no longer any predators for deer in the wild meaning that if their numbers go unchecked they come into conflict with people managing the countryside for growing crops or conservation and forestry. This means that some deer need to be shot to maintain a sustainable number of deer for each area. The meat of these animals is therefore incidental – ie: not governed by the demand for said meat. This makes it an exceptionally ethical choice, as well as a very tasty and nutritious one.

GOLDEN RULES

Avoid over cooking.

Always add a little fat.

Game meat has more flavour, so can take stronger flavours.

Always follow Due Diligence procedures for your kitchen.

PARTRIDGE AND MUSHROOM SAUCE



THE COUNTRY FOOD TRUST

Recipe kindly donated by
BRIAN TURNER

Brian Turner is one of Britain's most well-known chefs having trained at Simpson's in the Strand, The Savoy, The Beau Rivage in lausanne and Claridge's.

He gained his joint first Michelin Star in 1971

Brian is the President of the Royal Academy of Culinary Arts which he has combined with a successful career as a TV personality

METHOD

- Trim the partridge breasts and cut in half horizontally.
- Heat the oil then colour both sides of the partridge breasts.
- Take out and drain.
- Add the chopped onions, cook, do not colour.
- Slice the mushrooms and add to the onions.
- Fry to colour stirring frequently.
- Add chopped garlic, chopped tomatoes and chicken stock.
- Cook out until reduced enough then add the partridge.
- Cook for 2-3 minutes.
- Season, add parsley and serve.

This recipe was kindly donated for our Charity Chefs. If you have enjoyed this recipe would you consider donating to The Country Food Trust? Details can be found at www.thecountryfoodtrust.org

INGREDIENTS

8 partridge breasts
2 tbsp oil
1 finely chopped onion
1 clove garlic
12oz button mushrooms
1 small tin of whole tomatoes
¼ pt chicken stock
2 tbsp chopped parsley

SERVES

4 People

PHEASANT or VENISON MEATBALLS WITH SPICY TOMATO SAUCE



THE COUNTRY FOOD TRUST

Recipe kindly donated by
PRUE LEITH

Prue Leith, CBE, has been a restaurateur, chef, caterer, television presenter/broadcaster, businesswoman, journalist, cookery writer and novelist.

She was a judge on BBC Two's Great British Menu for eleven years, before joining The Great British Bake Off in March 2017.

METHOD

- Fry the bacon and 2 tablespoons of the chopped onions in a little oil until just beginning to turn colour. Take off the heat, cool then add the raw minced pheasant or venison, the egg, breadcrumbs and season with salt and pepper.
- With wet hands (this will stop the mixture sticking to them) roll the mixture into balls. Then fry them in a little oil, rolling them carefully in the pan so as not to break them up and to get all sides browned. Put them in a baking dish.
- Now fry the rest of the onions in a little more oil, then add the tomatoes, ketchup and chilli. Cook for 10 minutes or so until syrupy. Taste and add pepper and salt if needed. Pour over the meatballs in the baking dish. They can be served as they are now or baked to get a good brown top.
- Serve with mash, rice or pasta.

INGREDIENTS

4 rashers streaky bacon, chopped
2 large onions, chopped
Cooking oil
500g pheasant or venison mince
1 egg, beaten
2 tbsp breadcrumbs
Salt and pepper
1 can chopped tomatoes
Squeeze of tomato ketchup
Pinch chilli flakes, or chilli powder or ½ teaspoon chilli paste

SERVES

4 people

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PHEASANT ESCALOPE HOLSTEIN



However carefully you cook it, pheasant can get a bit dry, but I've found that brief pan-frying in dishes like this comes up a treat. You could serve this with all sorts of things from a salad to pasta tossed in tomato sauce. Save the thighs for ragu, and the drumsticks aren't really that edible on their own so better used in a sauce, soup or stock.

METHOD

- Put one breast on a sheet of cling film that is at least double its size. With a meat or cutlet bat (a rolling pin or side of a cleaver will do), carefully bat each breast out into a neat 1cm-thick escalope.
- Season with salt and pepper then lightly coat with flour, patting any excess off with your hands, before passing the escalopes through the beaten egg and finally through the breadcrumbs.
- Heat about 1cm of oil in a frying pan and cook the escalopes for 2-3 minutes on each side until golden, then add a knob of butter at the end of cooking and turn them once more.
- Meanwhile, lightly fry the remaining eggs and place one on each escalope, then arrange the anchovies around the yolk and transfer to warmed plates. Melt the butter in a small frying pan until foaming, add the parsley and capers and spoon over the egg and escalopes. Serve immediately as they will go a bit cardboard-like if they hang around.

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Recipe kindly donated by
MARK HIX

Mark Hix's impact on British cuisine has been enormous, with many successful restaurants in his portfolio, cookbooks that number double figures and his unfailing support of British producers and suppliers still resonant today.

INGREDIENTS

4 skinless pheasant breasts
Salt and freshly ground black pepper
2-3tbsp flour
1 large egg, beaten
30-40g fresh white bread-crumbs
Vegetable or corn oil for frying
A good knob of butter
2 medium free-range eggs
4 anchovies, halved length-ways
½tbsp chopped parsley
2-3 pickled walnuts, quartered

SERVES

4 people

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POT-ROASTED PHEASANT WITH BACON, FENNEL, LEEKS & CARROTS



METHOD

- Preheat the oven to 160°C/325°F/Gas Mark 3. Cover each of the pheasants with two of the bacon rashers and tie them in place with string. Melt the butter in a large flameproof casserole, add the prepared vegetables, herbs, juniper berries, ½ teaspoon of salt and 10 turns of the black pepper mill.
- Turn them over once or twice, cover and sweat gently over a low heat for 20 minutes until the vegetables are tender. Rest the pheasants on top of the vegetables, recover and transfer the casserole to the oven for 45 minutes.
- Then uncover the casserole, increase the oven temperature to 200°C/400°F/Gas Mark 6 and continue to cook the pheasants for 15-20 minutes until the bacon is crisp and golden and the pheasants are cooked through.
- Lift the birds onto a plate, cover and keep warm. Add the stock to the vegetables and simmer until reduced to good sauce consistency. Remove the bay leaves and thyme and adjust the seasoning if necessary.
- Lift the pheasants on to a board, cut off string and then lift off the bacon. Cut off the legs and cut each one in two at the joint. Then cut the breast meat away from the carcass in two whole pieces and cut the meat diagonally into slices.
- To serve, spoon some of the vegetables and sauce into each warmed plates and place a piece of thigh meat on top. Put the sliced breast meat on top of that and rest a drumstick alongside. Serve with the potatoes and sauerkraut.

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Recipe kindly donated by
RICK STEIN

Rick Stein CBE is an English chef, restaurateur, cookery book author and television presenter.

This recipe is from Rick Stein's Food Heroes by Rick Stein published by BBC Books. Reproduced by permission of The Random House Group Ltd. © 2002.

INGREDIENTS

1 brace of prepared pheasants
4 rashers Ayreshire bacon, rind removed
50g (2oz) butter
1 fennel bulb, cut lengthways into 8 wedges
1 leek, cleaned, halved and cut into 5 cm (2 in) pieces
2 carrots, peeled, cut in half lengthways and then thinly sliced on the diagonal
2 celery stalks, thinly sliced
2 fresh bay leaves
1 sprig thyme
6 juniper berries
150ml (5fl oz) Chicken Stock
Salt and freshly ground black pepper

SERVES 4 people

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PHEASANT FINGERS WITH HOME MADE TARTAR SAUCE

THE COUNTRY FOOD TRUST



Recipe kindly donated by
GILL MELLER

A chef, food writer, author, food stylist and cookery teacher living near the small fishing town of Lyme Regis, in Dorset. Gill has been part of the River Cottage team for 11 years, working closely with Hugh Fearnley-Whittingstall across the breadth of the business.

Pheasant is a well flavoured meat and fantastically versatile. I think with the right approach and a sure hand it rivals chicken any day of the week. If you are a fan of a classic fish or chicken goujon then you have to try these “pheasant fingers” They are one of my favourite things to prepare if I have some lovely fresh pheasant breasts to hand. Perfect on a Friday night with a few beers and a film.

METHOD

- For the tartar sauce, mix together all of the ingredients in a small bowl and place in the fridge until needed.
- Set the pheasant breasts down on a board and cut them into long finger-sized pieces. Season them all over with salt and pepper. Place the flour, egg and breadcrumbs into separate shallow bowls. Toss the pheasant in the flour to lightly coat, shaking off the excess. Then dip the floured pheasant into the beaten egg, then into the crumbs to coat, and transfer to a plate.
- Place a large pan on the heat and add about 1 cm of oil. When the oil is hot enough a cube of bread will turn golden in 60 seconds. Fry the pheasant fingers in batches for 2 - 3 minutes on each side, depending on the size of the pieces, until cooked through and golden. Remove using a slotted spoon and transfer to a large plate lined with some kitchen paper. Sprinkle the pheasant fingers with a little flaky salt and serve with the tartar sauce for dipping.

INGREDIENTS

4 pheasant breasts
50g of plain flour
2 eggs whisked
100g of fresh white bread-crumbs
Salt and freshly ground black pepper

For the tartar sauce:

4 tbsp of good quality mayonnaise
3 tbsp capers, drained and chopped
3 tbsp gherkins, drained and chopped
1 small shallot or half an onion, finely chopped
a Squeeze of lemon juice
3 tbsp chopped fresh parsley
1 tbsp of chopped dill
Sea salt and freshly ground black pepper

SERVES

2-4 people

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PHEASANT PIPERADE



THE COUNTRY FOOD TRUST

Recipe kindly donated by
BRIAN TURNER

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He gained his joint first Michelin Star in 1971

Brian is the President of the Royal Academy of Culinary Arts which he has combined with a successful career as a TV personality

METHOD

- Check the meat for shot.
- Heat the oil.
- Add separated diced pheasant and colour. Take out and drain.
- Shred the onion and add to the oil.
- Cut the peppers into strips and add to the onions.
- Crush the garlic and add with the chilli flakes.
- Cook slowly for 5 minutes then add the pheasant and chicken stock and cook slowly.
- Season and serve.

INGREDIENTS

300g pheasant diced
2 tbsp oil
1 large onion
¼ pt chicken stock
1 red pepper
1 green pepper
1 tin sweetcorn
½ tsp chilli flakes
1 clove garlic
salt to season

SERVES

4 People

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PHEASANT or VENISON BOLOGNAISE SAUCE



METHOD

- Gently cook the onions, garlic and thyme in the vegetable oil until soft.
- Add the pheasant or venison, turn up the heat and continue to cook until lightly coloured.
- Add the rest of the ingredients, season and bring to the boil, skim and simmer for 20 minutes.
- This is a versatile sauce that can be used with both pasta, cooked rice or risotto.
- Serve with grated cheese.

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Recipe kindly donated by
JAMES GOLDING

James Golding is the chef director for The Pig hotel group. Originally a Dorset boy but left the area at 16 to be an apprentice at The Savoy in London and have since worked at places like Le Caprice, J Sheekys, Soho House New York and then returned back to the area to help set up The Pig philosophy.

INGREDIENTS

2 medium onions, peeled and finely chopped
3 cloves of garlic, peeled and crushed
2 tsp dried thyme leaves
vegetable oil for frying
1.5 kg minced pheasant or venison
80 g tomato puree
250 ml red wine (optional)
0.5 ltr beef stock cube (pre made)
200 g canned chopped tomatoes
Grated Cheese
Salt and freshly ground black pepper

SERVES 10 people

CASSEROLE ROAST PHEASANT WITH JERUSALEM ARTICHOKE



Pheasant adore Jerusalem Artichokes. Casserole roasting, the cooking method used here is a particularly good way to cook pheasant especially if it's not in the first flush of youth.

METHOD

- Preheat the oven to 180°C/350°F/Gas Mark 4.
- Smear a little butter on the breast of the pheasant and brown it in the casserole over a gentle heat.
- Meanwhile, peel and slice the artichokes into 1cm (1/2 inch) pieces, remove the pheasant.
- Add a little butter to the casserole toss the Jerusalem artichoke slices in the butter. Season with salt and pepper and sprinkle maybe a tablespoon of water over the top. Then replace the pheasant tucking it right down into the sliced artichokes so they come up around the sides of the pheasant. Cover with a butter wrapper and the lid of the saucepan.
- Cook for a further 1-1 1/4 hours.
- Remove the pheasant as soon as it is cooked, strain and degrease the cooking liquid if there is need but usually there's virtually no fat on it. The juices of the pheasant will have flavoured the artichokes deliciously. Arrange the artichokes on a hot serving dish, carve the pheasant into 4 portions and arrange on top.
- The artichokes always break up a little - that is their nature. Spoon some juices over the pheasant and artichokes and serve scattered with chopped parsley or flat parsley sprigs.

THE COUNTRY FOOD TRUST

Recipe kindly donated by
DARINA ALLEN

Darina Allen is an Irish chef, food writer, TV personality and founder of Ballymaloe Cookery School

INGREDIENTS

1 plump pheasant
25g (1oz) butter
salt and freshly ground pepper
900g (2lb) Jerusalem artichokes

Garnish
chopped parsley or flat parsley sprigs

SERVES

4 people

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THAI STYLE PHEASANT or VENISON MINCE



THE COUNTRY FOOD TRUST

Recipe kindly donated by
RACHEL GREEN

Chef, author, TV presenter, demonstrator and food campaigner Rachel Green has made a name for herself as a passionate ambassador of British produce.

METHOD

- Fry the onion in the oil until soft and golden coloured.
- Add the ginger, garlic and 1-2 tbsp curry paste depending on how spicy you like your curry.
- Add the pheasant or venison mince and, using a wooden spoon, break it up and stir fry until cooked through, which will take about 2-3 minutes.
- Add the fish sauce, soy sauce, lime juice and sugar.
- Fold in the chopped basil leaves.
- Serve with rice or rice noodles.
- This mince is also nice served wrapped in lettuce leaves and it tastes even better the next day.

INGREDIENTS

- 1 small onion peeled and finely sliced
- 2 tbsp olive oil
- 1 thumb size piece of ginger grated
- 2 cloves garlic crushed
- 1-2 tbsp red or green Thai curry paste
- 500g minced pheasant or venison
- 1 tbsp fish sauce (optional)
- 1 tbsp soy sauce
- juice of 1 lime
- 2 tsp brown or white sugar
- 1 handful fresh basil leaves finely chopped

SERVES

4 people

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MUSHROOM AND PARTRIDGE ONE-COURSE SOUP OR HOT POT



THE COUNTRY FOOD TRUST

Recipe kindly donated by
PRUE LEITH

Prue Leith, CBE, has been a restaurateur, chef, caterer, television presenter/broadcaster, businesswoman, journalist, cookery writer and novelist.

She was a judge on BBC Two's Great British Menu for eleven years, before joining The Great British Bake Off in March 2017.

METHOD

- Fry the onion in the oil until pale brown, then add the curry powder and cook, stirring for one minute.
- Add the partridge and chickpeas and pour over the soup.
- Simmer slowly for ten minutes until the partridge is cooked.

INGREDIENTS

- 1 onion, chopped
- 1 tbsp oil
- 1 tbsp curry powder
- 1 can chickpeas, drained
- 8 oz partridge breast, diced
- 1 can mushroom soup

SERVES

2 people

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PHEASANT or VENISON DAN DAN NOODLES



METHOD

Sauce

- In a small mixing bowl add the peanut butter, sesame oil and rice vinegar and mix. Add the rest of the ingredients and whisk again until well combined. Set aside.

Pheasant or Venison Mix

- In a pan add the oil and brown the ground pheasant or venison. Add the hoisin sauce, soy sauce and five spice powder and chilli flakes. Cook until all the liquid has evaporated, set aside and keep warm. Just before serving drizzle with a little bit of sesame oil and stir to coat the meat.

Noodles and Veg

- Cook the noodles as per the pack instructions. Once cooked remove with tongs and place in the bowl with the Dan Dan sauce. Stir to coat the noodles. Keep the noodle water in the pan and on the heat for your greens.
- Finely slice your greens and blanch for 1-2 mins over a med/high heat in the noodle water. Drain.
- Roast the peanuts in a dry frying pan over a medium heat. Be sure to keep an eye on these as they will quickly catch and burn. Once toasted finely chop or use a pestle and mortar to lightly crush.
- Finely chop the spring onions, discarding the tougher green stalks at the top.

To serve

- Place the noodles in a bowl, then top with the greens, followed by the pheasant and finally the crushed peanuts and chopped spring onions.

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Recipe kindly donated by
JUANITA HENNESSEY

INGREDIENTS

Dan Dan Sauce

3 tbsp smooth peanut butter
1 ½ tbsp sesame oil
2 tsp sugar
3 tbsp rice vinegar
3 tbsp soy sauce
1 tsp Szechuan peppercorns
ground lightly in pestle and
mortar
3 tsp chilli oil (or generous
pinch of dry chilli flakes and
3 tsp olive oil)
2 cloves garlic, finely minced
60 ml chicken stock (or water)

Pheasant or Venison Mix

3 tbsp groundnut oil
375g pheasant mince
2 tbsp hoisin sauce
1 tbsp soy sauce
1 tsp five spice powder
½ tsp dried chilli flakes
Pinch of salt
Drizzle of sesame oil

Noodles & Veg

300g dried egg noodles
1 small bunch leafy greens
(spinach, bok choy,
cabbage)
Handful of roasted peanuts
(chopped)
5 spring onions finely chopped
(optional)

SERVES 4 people

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GAME KOFTAS WITH EASY CUMIN FLATBREADS



METHOD

Koftas

- Combine all ingredients for the koftas and mix well. Divide the mix into 16 equal portions and shape into thick stubby sausages and place on an oiled tray. Leave to chill for 30 mins in the fridge.
- Preheat grill to medium hot and lightly oil the koftas. Cook under the grill (turning every so often to get an even colour on each side) for 8–10 mins. Cooking time will vary depending on the size of thickness of the kofta. You want the meat to be moist and slightly pink still on the inside.
- NOTE: these also work well on the BBQ! Same cooking time applies-

Flatbreads

- Combine butter and milk and heat until butter is just melted.
- Combine flour, cumin, salt, melted butter, milk and mix. Knead for approx. 4 mins until smooth and the dough springs back when you push your finger in to it. Wrap in cling-film and rest for 30 mins at room temp.
- Divide into 16 pieces and roll into balls. Then using a rolling pin roll out until you have 16 flatbreads approx. 3mm thick (the thickness of 10p piece).
- Heat a frying pan until medium/hot, add a dash of oil and cook your flat-breads one at a time. They will take approx. 1.5 mins on each side. You are looking for little brown spots to appear and for the bread to puff up slightly. Keep the flatbreads wrapped in a tea towel while you cook the rest.
- NOTE: if using ready-made pittas or flatbreads, wrap in tin foil and heat gently in the oven for 5 mins before serving.

Minty yoghurt

- Mix all the ingredients together in a bowl. Leave for 30 mins or more in the fridge for the flavour to develop.

To serve

- Place one kofta in a wrap with whatever you have to hand in the fridge (lettuce, tomato, spinach, red cabbage, cheese, mint etc), drizzle with the minty yoghurt and get stuck in.

THE COUNTRY FOOD TRUST

Recipe kindly donated by
JUANITA HENNESSEY

Juanita shot to international renown after her very successful Master Chef journey in 2016

INGREDIENTS

Koftas

800g minced partridge, pheasant or venison
1 tsp salt
1 onion peeled and chopped
1 tbsp dried parsley
1 tbsp dried mint
1 tbsp ground coriander
1 tsp cumin seeds
½ tsp ground cinnamon
½ tsp ground allspice
½ tsp cayenne pepper

BBQ Cumin Flat Breads

600g plain flour
2 tsp salt
100g butter
370g whole milk
2 tsp cumin seeds
Little bit of oil for cooking
NB: you can also use ready-made pittas or flatbreads

Minty Yoghurt

200g natural yoghurt
½ tbsp. dried mint
1 small clove garlic minced
salt and pepper

SERVES 8 people

This recipe was kindly donated for our Charity Chefs. If you have enjoyed this recipe would you consider donating to The Country Food Trust? Details can be found at www.thecountryfoodtrust.org

'WILD' MEATBALLS AND PASTA



METHOD

Wild Meatballs

- Tear the bread in to small chunks and place in a bowl along with the milk. With a fork squish the bread and the milk together until you have something resembling porridge.
- In a larger bowl add the bread mix along with the minces, the grated red onion, grated parmesan, cumin, cinnamon, dried parsley and seasoning. Mix everything together.
- Take a rounded dessert spoon of mix and roll around in your palms until you have a neat ball. Pop on a baking tray and repeat the process until all the mix is used up. (approx 18 - 20 meatballs). Place in the fridge for 20 minutes to firm up and rest.
- Heat a large frying pan to a medium to high heat and add the olive oil. Once the pan is hot add 5 - 6 meatballs at a time and fry off for a couple of minutes until they are brown all over. Jiggle the pan around as they cook to make sure they brown evenly. Remove from the pan and place on a clean plate while you repeat the process with the remaining balls.
- Once you've browned all the meatballs add to the saucepan with the tomato sauce along with the resting juices from the plate. Make sure they are all snuggled in tightly and baste with the sauce. It will be a tight fit but they should all sit evenly in the pan. Reduce the heat to low - medium and cook for a final 10 minutes while you cook the pasta.

Tomato Sauce

- In a large saucepan add the extra virgin olive oil and the 5 garlic cloves which have been peeled and squashed under the flat side of a knife. Heat on medium and once you start to smell the garlic add the two tins of chopped tomatoes and water. Add the basil leaves and a generous pinch of salt and good grind of black pepper. Stir and leave to cook over a medium heat for 15 - 20 minutes while you prepare the meatballs.

THE COUNTRY FOOD TRUST

Recipe kindly donated by
JUANITA HENNESSEY

*Juanita shot to international renown
after her very successful Master
Chef journey in 2016*

INGREDIENTS

'Wild' Meatballs

3 slices of white bread
4 tbsp milk
450g minced pheasant
and/or partridge
2 tbsp dried parsley
½ tsp ground cinnamon
2 tsp ground cumin
½ red onion grated
40g finely grated parmesan
olive oil for frying
2 tbsp extra virgin olive oil

Basic Tomato Sauce

5 garlic cloves
1 tbsp extra virgin olive oil
2x 400g tinned tomatoes
10 basil leaves torn
250ml water

SERVES

4 people

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HONEY GLAZED BACON AND GAME MEATLOAF



METHOD

- Place the pearl barley in cold water and bring to the boil. Cook until soft, drain and pour cold water over it to stop it from sticking together.
- Sweat the onion and garlic in some olive oil until soft, add the herbs and cook for three more minutes. Remove from heat and allow to cool.
- Add a little more oil to the pan and quickly fry off the meat, sealing, but not cooking them - do a bit at a time.
- Allow the meat to cool.
- Place the sausage meat, cooked onion and herb mix and pearl barley in a bowl. Mix well, season to taste then add the cold pheasant and partridge.
- Take a roasting tray and line with grease-proof paper, spoon the sausage mix into the roasting tin flattening it out so that it is pressed down firmly and fills all the corners.
- Lay the bacon on top of the meat over lapping or you could even lattice it if you have time.
- Place a piece of greased, grease proof paper on top of the bacon and weight it down with a similar tray on top then place in the oven and bake at 200 for 30 minutes.
- After 20 min remove the tray and paper and brush the bacon with as much honey as you like then place back in the oven to glaze and finish cooking.
- Cut into slices or blocks and enjoy licking your sticky fingers!
- You can serve the meatloaf hot or cold.

THE COUNTRY FOOD TRUST

Recipe kindly donated by
JOSÉ L. SOUTO

*Chef Lecturer in Culinary Arts
Westminster Kingsway College,
London with a specialist interest
in game. Jose has worked with
Game-to-Eat on chef training
days and cookery demonstrations
for food press.*

INGREDIENTS

750g pheasant breast diced
750g partridge breast diced
or 1.5kg diced venison
50g pearl barley
1 onion finely-chopped
1 garlic clove finely chopped
1tsp thyme
1tsp parsley
1kg sausage meat
20 rashers of bacon
honey
olive oil
salt and pepper

SERVES

10 portions

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PARTRIDGE, CHEESE AND SPICY TOMATO EMPANADAS



METHOD

- Season partridge and fry off in very hot olive oil just to seal but not cook, do a bit at a time so that the meats seals and does not boil. Once sealed remove from pan and leave to one side to cool, refrigerate.
- Turn the temperature down add more oil then sweat the onions and garlic until soft, add all the peppers and cook for a further 10 min, add chilli, smoked paprika and herbs.
- Cook for 5 min then add tomato purée stir well, add tinned tomatoes and chicken stock. Cook until the sauce has reduced by half and becomes slightly thicker (it should thickly coat the back of a spoon) at this point a little sugar can be added to taste just to take acidic edge off sauce. Remove the sauce from the stove decant into a cold dish and allow to cool.
- In a bowl add flour, baking powder, sugar and salt then rub in lard well. Mix 2 eggs into the 180 ml of cold chicken stock and add this to flour. Mix, knead to a ball then allow to rest for 10 min before cutting it in half one half will be the base the other the top.
- Once the pastry has rested take a deep oven roasting tray grease the tray and dust with flour. Roll out one of the balls of pastry on a floured top to about 8 mm thick lay this in the tray.
- Mix the tomato sauce with the partridge and spoon it onto the pastry leaving an edge around the pastry where you will crimp and seal the edges.
- Sprinkle the grated cheese over the tomato mix.
- Using some of the egg wash brush all around the edges.
- Take the other piece of pastry and roll out the same way as the first but a little thinner, lay over the Partridge and tomato mix seal the edge by twisting them over or crimping them.
- Egg wash the whole empanada and make a few little holes in the top to allow steam to escape cook at 180 for 25 to 30 min until slightly golden brown then cut into slabs. Eat hot or cold.

THE COUNTRY FOOD TRUST

Recipe kindly donated by
JOSÉ L. SOUTO

INGREDIENTS

1.5kg diced partridge breast
olive oil
1 large onion finely chopped
2 clove garlic finely chopped
2 red peppers cut into strips
2 green peppers cut into strips
1 tsp dried chilli flakes
2 tsp smoked paprika
1 tsp mixed herbs
1 large tsp tomato purée
3 tins plum tomatoes
100 ml chicken stock
500g grated cheese
salt and pepper

Pastry

750g plain flour
1 tbsp baking powder
1 tsp sugar
pinch salt
120g lard
2 eggs
180ml chicken stock
50ml milk and 1 egg mixed
to make egg wash

SERVES

4 People

This recipe was kindly donated for our Charity Chefs. If you have enjoyed this recipe would you consider donating to The Country Food Trust? Details can be found at www.thecountryfoodtrust.org

SPICY PARTRIDGE "COWBOY" BEANS, GARLIC CRUST



METHOD

- In a large casserole, heat the beans and add the rest of the ingredients bar the partridge.
- Cook at a gentle simmer for 10 minutes. Turn off the heat and add the partridge. Top the mixture with slices of garlic buttered bread and bake in a hot oven for 20 minutes.

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THE COUNTRY FOOD TRUST

Recipe kindly donated by
TIM MADDAMS

A private chef, writer, cookery teacher and presenter living in Devon, Formerly Head Chef at the River Cottage Canteen, he cooked in professional kitchens with Fergus Henderson, Alistair Little, Marco Pierre White and Mark Hix before returning to south-west England to work with Hugh Fearnley-Whittingstall.

INGREDIENTS

8 partridge breast – thickly sliced or diced or 350g diced partridge / pheasant
2 tins of baked beans – or cooked beans, chickpeas etc
1 desertspoon of treacle
4 cloves of garlic – peeled and chopped
1 tsp ground allspice
1 tsp each of ground coriander, cumin, cayenne pepper
1 desertspoon of smoked paprika
1 onion, peeled and chopped
1 small tin of chopped tomatoes
8 slices of bread, well spread with garlic butter.

SERVES

4 people

QUICK PHEASANT or VENISON AND BROCCOLI PASTA



METHOD

- Allow the pheasant or venison meat to come to room temperature for half an hour or so.
- Place a large pan of salted water to boil on the stove.
- In a large saucepan warm olive oil and begin to sweat the broccoli stalks, chilli, onion, garlic and herbs in the oil. Once the broccoli stems and onion have softened a little, turn up the heat and add the pheasant meat and tender broccoli florets.
- Cook the pasta
- After the mince and florets have cooked turn the heat off and add a ladle of water from the cooking pasta pan.
- Once the pasta is ready simply drain it and add it to the mince and broccoli mix. Toss well adding more oil if it looks dry and a squeeze of lemon, grated lemon zest and chopped parsley if available.
- Serve in bowls with grated cheese to garnish.

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INGREDIENTS

250g minced pheasant or venison meat.
1 large onion, finely diced
1 head of broccoli – stem finely sliced, florets roughly chopped (other greens can easily be substituted, cabbage, chard, courgette, spinach etc.)
100ml olive oil
4 cloves of garlic – peeled and chopped
1 tsp dried mixed herbs
1 tsp dried chilli flakes
500g dried pasta
salt
grated cheese to serve

SERVES

2 people

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SPICED PULLED PHEASANT



METHOD

- Using 24cm casserole or similar, fry onions with cinnamon, salt & pepper until translucent. Add pheasant meat after about 15 minutes until brown, then add spices. Make sure spices don't burn - to avoid this add small amounts of water.
- Blend ginger & garlic in food processor with a dash of warm water then add to pan. Continue to cook until fragrant, then add chopped tomatoes and ale.
- Bring to boil and allow to cook for about 10 minutes then place in pre-heated oven at 150 degrees. Cook for at least 2 hrs before stirring and add water if necessary. Continue to check every 15/20 minutes and once the meat starts to fall apart add dates to taste.
- Continue to cook until meat is completely tender. Then place pan back on a low heat to reduce, whilst pulling the meat apart to achieve 'pulled' texture.
- Serve topped with crispy kale and coriander aioli or simply with rice.

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Recipe kindly donated by
ARCHIE CLARK

Archie creates new recipes with a focus on using Game, sustainable fish like mackerel and local vegetables using the wonderful flavours of Kerala, to bring you fresh healthy and intriguing food, packed full of flavour.

INGREDIENTS

1kg pheasant meat (breast or thigh)
4 onions
8-10 cloves garlic
400g chopped tomatoes
Ginger, approx. 4cm
1 stick cinnamon, broken
2 tsp garam masala
2 tsp ground coriander
1 tsp turmeric
2 cans ale (old speckled hen)
4/5 dates
Salt & pepper to taste

SERVES

8 people

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SWEET AND SOUR PHEASANT



This is a British take on that variable sweet and sour that most high street Chinese restaurants serve.

METHOD

- First make the sauce: put the shallots, ginger, vinegar, honey, ketchup, soy sauce and chillies and stock in a heavy based saucepan and simmer until the liquid has reduced by one third. Stir in enough of the diluted cornflour to thicken it then add the chilli and simmer for a couple more minutes. The sauce should be a nice thick coating consistency, if not continue simmering until it's thickened.
- Meanwhile preheat about 8cm of oil to 160-180C in a large thick-bottomed saucepan or electric deep fat fryer.
- Have three bowls ready, one with the flour, seasoned, one with the buttermilk and one empty.
- Cut the breasts into rough 2-3cm chunks then coat them in the flour, shaking off any excess then through the buttermilk and back through the flour. Fry for a few minutes until crisp and golden, stirring as they are cooking with a slotted spoon. Remove from the oil and drain on some kitchen paper.
- To serve, transfer the pheasant to a warmed serving dish and spoon over the sauce and scatter a few sprigs of coriander over.

THE COUNTRY FOOD TRUST

Recipe kindly donated by
MARK HIX

Mark Hix's impact on British cuisine has been enormous, with many successful restaurants in his portfolio, cookbooks that number double figures and his unfailing support of British producers and suppliers still resonant today.

INGREDIENTS

4 skinless pheasant breasts
Salt and ground black pepper
1tbs soy sauce
Vegetable or corn oil for frying
For the batter
200g Self-raising flour
120g buttermilk or yoghurt
For the sauce
2 large shallots, peeled, halved and finely chopped
50g root ginger scrapped and grated
50ml chinese black vinegar
2tbs clear honey
1 tbsp tomato ketchup
200ml chicken stock
2 tbsp soy sauce
2 red chillies, trimmed and finely chopped
1tbs cornflour, diluted in a little water

SERVES 4 PEOPLE

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PHEASANT or VENISON YUK SUNG



It makes for a great sharing starter or main. You can serve this with flat bread or even poppadoms. Or, do as I do, and keep some frozen puris to hand so you can just cook them as you need them.

METHOD

- Place the minced pheasant or venison in a bowl add all the sauce ingredients and leave to marinate for 1 hour.
- Prepare lettuce, cut off the stalks and gently tease the leaves apart wash in ice water and dry on kitchen paper.
- Place a wok or frying pan on high heat. When smoking add marinated pheasant, keep it moving so as not to burn add spring onions, carrots, garlic, ginger french beans, shiitake mushrooms and water chestnuts.
- Fry for 2 minutes add a splash of water and remove from the heat, spoon into serving dish and sprinkle with crushed prawn crackers or fried rice noodles.

THE COUNTRY FOOD TRUST

Recipe kindly donated by
LUKE TIPPING

Renowned chef director of Michelin star Simpsons, Luke describes his style as 'very natural, very seasonal and free flowing', which belies the creativity and thoughtfulness that goes into his cooking.

INGREDIENTS

500g minced venison or pheasant
3 spring onions chopped
1 medium carrot peeled finely diced
200g fine french beans chopped
12 water chestnuts chopped
1 tsp fresh ginger chopped
3 cloves garlic finely chopped
200g chopped bean sprouts
100g sliced shiitake mushrooms
Chinese rice noodles or prawn crackers

Sauce

4 tsp light soy sauce
2 tsp oyster sauce
2 tsp honey
2 tsp sesame oil
2 tsp sherry
4 tsp corn flour

SERVES 4

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PHEASANT or VENISON KEEMA



It makes for a great sharing starter or main. You can serve this with flat bread or even poppadoms. Or, do as I do, and keep some frozen puris to hand so you can just cook them as you need them.

METHOD

- Heat the oil in a large frying pan, season the pheasant or venison meat and fry on a high heat, breaking it down as it's cooking, then transfer to a bowl.
- Meanwhile, put the spices in a heavy-based saucepan and dry-fry them for a couple of minutes on a medium heat, stirring so they don't burn. Add the ghee, onions, garlic, ginger and chilli and continue cooking for 3-4 minutes, with a lid on, stirring every so often.
- Add the meat, tomato purée and stock, bring to the boil, season and simmer gently for an hour, giving the occasional stir. Check the tenderness of the meat and continue cooking if needs be (adding more water if it's getting too dry). The end result should be a fairly dry mixture. Stir in the coriander and serve.

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Recipe kindly donated by
MARK HIX

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INGREDIENTS

2kg minced pheasant or venison meat
75mls vegetable or corn oil
10 medium onions, peeled, halved and finely chopped
20 cloves of garlic, peeled & finely grated or crushed
150g root ginger, scraped & finely grated or chopped
10 medium green or red chillies, trimmed and finely chopped
4 tbsp tomato purée
5ltr lamb or beef stock
Salt and freshly ground black pepper
2-3 pickled walnuts, quartered
50g Medium Curry Powder
10 tbsp Bay leaves
10 tbsp fenugreek leaves
2 handfuls chopped coriander

SERVES 20

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PHEASANT or VENISON POLPETTE IN A SWEET AND SPICY TOMATO SAUCE



METHOD

- Mix all the ingredients for the polpette together well.
- Form the mixture into golf sized balls, and fry off on a medium heat until browned on all sides.
- Add the remaining fennel seeds, and fry for a further 30 seconds.
- Add the flour, and fry for a further 30 seconds.
- Add the tinned tomatoes, and all remaining sauce ingredients.
- Allow to simmer together for 7-8 minutes until the meatballs are cooked through and the sauce is reduced somewhat. This can of course be done in the oven, at 180c for 15-20 minutes. Depending on the tomatoes, you may want to add a little water, but the sauce should be quite thick and coat the meatballs.
- Serve with hot pasta or rice, and ideally some chopped parsley or basil stored through at the end.

THE COUNTRY FOOD TRUST

Recipe kindly donated by
TOM GODBER-FORD
MOORE

Tom created The Game Chef and they know a thing or two about being creative with the countryside's finest. Based on Exmoor, providing the very best Game Meat products in the country.

INGREDIENTS

Per Person:
170g pheasant or venison mince
1tsp fennel seeds
1/2 egg
20g breadcrumbs
good pinch of dried oregano
10g onion, finely chopped
1/2 tsp. Garlic powder
Pinch of salt and pepper

For the tomato sauce:
200g chopped tomatoes
1/2 tbsp. sugar
1/2 tsp red wine vinegar
Pinch of dried chilli flakes
1/2 tsp fennel seeds
1/2tsp flour
1/2 tsp of dried oregano
1/2 tsp dried rosemary

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CHILLI CON CASSEROLE



METHOD

- Heat the casserole in a good pan on a medium heat, adding the other ingredients and simmer for around 5 minutes.
- I like to then serve this with simply boiled rice, but a garnish of cucumber and tomato is a great addition along with fresh natural yoghurt.
- To make the cucumber and tomato simply dice a couple of inches of cucumber and quarter some small tomatoes.
- Place them in a little bowl with a few cumin seeds and some fresh chopped coriander.
- Add a dash of lime Juice and perhaps some chopped spring onions

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THE COUNTRY FOOD TRUST

Recipe kindly donated by
TIM MADDAMS

A private chef, writer, cookery teacher and presenter living in Devon, Formerly Head Chef at the River Cottage Canteen, he cooked in professional kitchens with Fergus Henderson, Alistair Little, Marco Pierre White and Mark Hix before returning to south-west England to work with Hugh Fearnley-Whittingstall.

INGREDIENTS

1 pouch of Country Casserole
2 tsp smoked paprika
1/2 tsp hot chilli powder
a dash of sherry vinegar
sprinkling of brown sugar
1/4 of a tin of tomatoes, blended to a puree or a little tomato puree

For the garnish

2 tbsp of natural yoghurt
10 cm piece of cucumber
3 small or 8 cherry tomatoes
1 spring onion
a pinch of whole cumin seeds
1 sprig of chopped fresh coriander
the juice of half a Lime

SERVES

2 people

HERBY DUMPLINGS



This is a great way to dress up your purchase of the Country Casserole, making these dumplings takes no time at all really and once the job is done the whole show can be just slung in the oven to cook. My advice is to make an even number of dumplings though or you will find yourself in an argument about who gets the last one.

METHOD

- Place the contents of the casserole pouch in to a small oven proof dish, add just a drop of water, say two tablespoons full – in fact, if you add the water to the pouch once emptied it's a good way of getting the last few bits of casserole out.
- Rub the flour, herbs, seasoning and butter together to make a light breadcrumb texture.
- Add a few drops (25 ml at most) of cold milk to the mix to make a sort of light pastry dough.
- Quickly divide this into even spoonfuls and drop them into the casserole.
- Place the dish complete with dumplings into the oven and bake at 180°C until the casserole is bubbling and the dumplings take on a golden colour to their tops and puff up nicely.
- Serve with some fresh steamed veggies and if you are feeling adventurous you could add a little blue cheese to the dumpling mix next time you make the dish.
- Serve up with some fresh cabbage, or even just some good old frozen peas. Serve in bowls with grated cheese to garnish.

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INGREDIENTS

1 pouch of Country Casserole
125g self-raising wholemeal flour, white or wholemeal is up to you.
75g butter – or lard if you like
salt and pepper
A good pinch of dried mixed herbs
A drop of milk.

SERVES

2 people

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SIMPLE FLAT BREAD RECIPE

THE
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This is a simple thing to make once you get the hand of making it and of course you can change the flour, add spices or seeds and the dough works very well for the Samosa recipe following and the left over flat breads can be revived for the Quesadilla recipe as well. What is not to love about that?

METHOD

- To begin simply combine all the ingredients together loosely in a bowl, adding more water until you are sure you have enough - and then work them together into a dough.
- Do not knead the dough for more than a minute or so as it doesn't really need it. Leave the dough to rest for a few minutes in a covered bowl.
- Meanwhile heat a large non-stick frying pan to a good medium heat.
- Divide the dough into squash ball sized lumps and roll out until you can just about see your hand through them.
- Pop them one at a time into the hot, dry pan and turn over once a few bubbles start to show.
- The flat breads are cooked once they have puffed up and got a few dark brown spots on them. You can cook them a little less if you wish to revive them at a later time.
- Make sure that the pan is good and hot or they will take too long to cook and dry out, making them fall apart when you try to eat them – a bit like a cheese cracker.

Recipe kindly donated by
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INGREDIENTS

200g plain white flour
(or a combination of flours to suit your needs and preferences)
15ml olive oil
a good pinch of salt
Enough cold water to make a soft and pliable (but not sticky) dough (around 100 ml)
Extra flour for rolling.

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GAME KEEPERS PIE



This is a simple and easy way to get supper sorted, you can even get the whole dish made in advance and just bake it in the oven straight from the fridge when you need it. The carrot in the mash is obviously optional, but I like the earthiness it lends to the dish.

METHOD

- Peel and boil your potatoes in salted water and drain well once thoroughly cooked.
- Mash them with a potato masher and season them well, add the thyme leaves, milk and butter and beat well. Then add the egg yolk and mix this in too.
- Lastly grate the raw carrot and mix this into the mash as well.
- Place the contents of one pouch of Country Casserole in a small pie dish, top with the mash mixture and bake in a hot oven until golden brown and bubbling.
- Serve up with some fresh cabbage, or even just some good old frozen peas.

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TIM MADDAMS

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INGREDIENTS

1 pouch of Country Casserole
1lb good firm white potatoes
1 nice sized carrot
50 ml milk
Fresh thyme leaves
1 egg yolk

SERVES

2 people

This recipe was kindly donated for our Charity Chefs. If you have enjoyed this recipe would you consider donating to The Country Food Trust? Details can be found at www.thecountryfoodtrust.org

PEA, MINT AND PHEASANT CURRY SAMOSA, ONION CHUTNEY



For this recipe I have used a few frozen peas – you can use lentils, beans or cooked rice, its entirely up to you, most people have a bag of frozen peas handy though and so, it's an easy win.

METHOD

- Make the dough as for flat breads – bit this time roll a little thinner and cut each round in half to make semi circles.
- Blanch around 100g peas in boiling water and then drain well. Blend half of them in a food mixer with a little fresh mint or basil.
- Mix these and the whole peas with the cold Country Curry pouch contents.
- Fold the two ends of the semi circles over and wet the edges with a little water to make a cone shape.
- Spoon a good tablespoon of the curry mix into each and seal up the tops by folding over and again sticking together with a little water.
- Heat a solid frying pan with a cup of oil in until about 160° C – or deep fry if you have the facility to do so safely.
- Cook each samosa for around 3 minutes, turning once until golden and crispy, drain well on kitchen paper and serve up with a sweet onion chutney or even some natural yoghurt.
- Though these are best eaten warm they make very good lunch box food even once cooled.
- Serve in bowls with grated cheese to garnish.

THE COUNTRY FOOD TRUST

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INGREDIENTS

1 pouch of Country Curry
100g frozen peas
fresh mint or basil

TO SERVE

sweet onion chutney
a couple of table spoons of
natural yoghurt

SERVES

2 people

This recipe was kindly donated for our Charity Chefs. If you have enjoyed this recipe would you consider donating to The Country Food Trust? Details can be found at www.thecountryfoodtrust.org

SPICY PHEASANT “QUESADILLA”

THE
**COUNTRY
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Recipe kindly donated by
TIM MADDAMS

A private chef, writer, cookery teacher and presenter living in Devon, Formerly Head Chef at the River Cottage Canteen, he cooked in professional kitchens with Fergus Henderson, Alistair Little, Marco Pierre White and Mark Hix before returning to south-west England to work with Hugh Fearnley-Whittingstall.

These Mexican style cheese toasties are a winner - though of course if you do not have the time a couple of slices of bread and a sandwich toaster, can be pressed into service and the result is just as tasty - if a little less refined.

METHOD

- Mix the Country Curry with chilli flakes and a little smoked paprika and place half the mix on two flatbreads.
- Top with the grated cheese and chopped spring onions and place another flatbread on top of each.
- Heat a little olive or rape seed oil in a large frying pan and cook the quesadilla one at a time on a moderate heat, turning once to get both sides crispy and ensure the cheese has thoroughly melted and the filling is hot.
- Cut into triangles and serve on its own or with guacamole or sour cream.

INGREDIENTS

4 left over flatbreads -
see separate recipe
1 Country Curry pouch
100g grated mature
cheddar
a few chilli flakes
a little smoked paprika
2 chopped spring onions

SERVES

2 people

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