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Exquisitely Delicious Game From



# WILD AND GAME

EST.  
2017

The Great British Countryside

## January Recipes

Ten healthy and delicious ways to enjoy  
game this month



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## Welcome to our healthy eating recipe collection!

Wild game is excellent as part of a diet plan because as well as being nutritious, it's leaner and higher in protein than farmed meat. That's why we've put together this special collection of recipes that are low in fat but big on flavour.

As always, we've drawn in influences from around the globe. From China come two full-flavoured stir fries: pheasant and pineapple – a delicious sweet and sour dish – and tender venison strips with broccoli and a rich soy and chilli sauce.

With winter in mind, we've focussed on dishes that are warm and hearty, while also being low fat. On a cold, dark evening try our venison pie topped with sweet potato mash, or our slow cooked mixed game curry. Another wonderful comforting option is our Salisbury steak recipe, made with venison and served in a rich but virtuous mushroom sauce.

Tray bakes are a superb and easy healthy option so we've included two in this selection: a warmly spiced Moroccan-influenced combination of chick peas, partridge, sweet potato, onion and garlic; and a Mediterranean-style tray bake with butternut squash, tomatoes, partridge and a sprinkling of feta.

If you're entertaining, or just want something special, try our recipe for pulled pheasant baked chimichangas – nobody will guess it's a low-fat version. Also with a sense of occasion, our venison steak Diane recipe pairs juicy venison with a peppery mushroom sauce; and our Hungarian-influenced paprika and pepper wild boar recipe features a beautifully rich, smoky and creamy sauce.

We hope you enjoy these recipes and that they help make healthy eating enjoyable and indulgent.





**SERVES 3-4**

## Chinese venison and broccoli

### INGREDIENTS

1 pack of Wild and Game venison stir fry strips  
1 head of broccoli, broken into florets  
7 spring onions, diced

1 tsp minced garlic  
1 tsp minced ginger  
1 tsp Sesame oil  
Low calorie cooking spray

### FOR THE SAUCE

1 tbsp cornflour  
2 tbsp honey  
¼ tsp chilli pepper flakes  
150ml light soy sauce

### METHOD

1. Heat some cooking spray in a lidded wok, add the sesame oil and cook the venison for 2 minutes. Stir in the ginger and garlic for the last 30 seconds.
2. Add the broccoli and 3 tbsp of water and put the lid on for 7 minutes until the broccoli is cooked.
3. Meanwhile heat the soy sauce, honey and chilli flakes in a small pan. Mix the cornflour in a little water and stir into the sauce until thickened, then turn off the heat.
4. Once the broccoli is cooked, stir in the sauce, sprinkle with spring onions and serve.



**SERVES 2**

## Venison steak Diane

### INGREDIENTS

2 Wild and Game venison steaks	½ tsp Dijon mustard
¼ tsp ground black pepper	250ml beef stock
200g sliced mushrooms	1tbsp cornflour
1 tsp Worcestershire sauce	100ml milk
1 shallot, chopped	Salt to taste
1 tsp minced garlic	Low calorie cooking spray
1 tbsp brandy	

### METHOD

1. Remove the steaks from the fridge 30 minutes before cooking.
2. Spray some cooking spray into a large frying pan or sauté pan and cook the steaks on a medium heat for 2 minutes each side then on a low heat for 3-4 minutes each side until cooked to your liking. Remove and set aside.
3. Add more cooking spray to the pan and fry the shallot for a minute until softening, then add the mushrooms and cook for a couple of minutes more until softening. Add a bit more spray if it starts to stick.
4. Add the brandy and deglaze the pan, stirring until most of the liquid has bubbled off. Add the garlic for the last 30 seconds.
5. Stir in the mustard and pepper.
6. Add the stock and Worcestershire sauce.
7. Mix the cornflour with the milk and add to the pan. Stir and heat until the sauce starts to thicken.
8. Let the sauce bubble for about 10 minutes until it's sufficiently reduced.
9. Add the venison back into the pan to heat through for a few minutes, then serve.

**SERVES 6**

# Venison and sweet potato pie

## INGREDIENTS

1 pack of Wild and Game  
diced venison

1 kg sweet potatoes, peeled  
and diced

1 egg, beaten

2 tbsp Philadelphia Light

1 tin chopped tomatoes

500ml beef stock

1 tbsp tomato purée

1 onion, sliced

2 tsp minced garlic

2 medium carrots, diced

200g sliced mushrooms

1 tsp mixed dried herbs

2 tbsp plain flour

Low calorie cooking spray

75g low fat Cheddar, grated

Salt and pepper

## METHOD

1. Pre-heat your oven to 150C/gas mark 2.
2. Heat some cooking spray in an oven proof lidded pot and fry the onion until soft.
3. Toss the meat in the flour and add to the pot. Cook until browned.
4. Add the garlic, mushrooms and carrots and cook for 1 minute.
5. Add the stock, herbs, tomatoes and purée and heat until bubbling then place in the oven for 2 hours. Check occasionally to ensure it's not drying out.
6. Cook the sweet potato in boiling water until soft.
7. Mash the sweet potato with the Philadelphia and the egg and season with salt and pepper.
8. Pour the stew into a pie dish and top with the mash. Sprinkle on the Cheddar.
9. Turn the oven up to 225C/gas mark 7 and cook the pie for 10-15 minutes until golden.
10. Serve.



**SERVES 2-3**

# Venison Salisbury steaks

## INGREDIENTS

### FOR THE STEAKS

1 pack of Wild and Game minced venison  
1 slice of wholemeal bread, whizzed to make breadcrumbs  
1 onion, minced or very finely chopped  
1 tsp Worcestershire sauce  
1 tsp Dijon mustard  
1 egg, beaten

### FOR THE SAUCE

1 echalion shallot, diced  
1 tsp minced garlic  
500ml beef stock  
200g mushrooms, sliced  
¼ tsp ground black pepper  
1 tbsp tomato purée  
1 tsp Worcestershire sauce  
1 tsp Dijon mustard  
1 tbsp red wine vinegar  
1 tbsp cornflour  
Low calorie cooking spray

## METHOD

1. Pre-heat the oven to 200C/gas mark 6.
2. Mix all the steak ingredients and shape into five patties.
3. Heat some cooking spray in a large frying or sauté pan and cook the steaks on a medium heat for 5 minutes each side, then put on a baking sheet in the oven for 20 minutes.
4. Add more cooking spray to the pan and cook the shallot for a minute until softening, then add the mushrooms and cook until softening.
5. Add the garlic and cook for a minute.
6. Add the vinegar and bubble for a minute.
7. Add the black pepper, Worcestershire sauce and mustard and stir until combined.
8. Add the stock and purée.
9. Stir the cornflour into a little water and tip into the pan. Give it a stir while it heats and thickens.
10. Let the sauce bubble steadily while the patties finish cooking.
11. Place the patties in the sauce and serve immediately.





**SERVES 3-4**

## Slow cooked game curry

### INGREDIENTS

#### FOR THE CURRY POWDER

1 tbsp ground coriander	1/2 tsp Chilli powder
1 1/2 tsp cumin	1/2 tsp ground ginger
1 tsp turmeric	1/4 tsp cinnamon
1/2 tsp ground black pepper	1/4 tsp clove

#### EVERYTHING ELSE

1 pack Wild and Game game mix	500ml chicken stock
2 tsp minced garlic	2 tbsp tomato purée
1 tsp minced ginger	Salt to taste
1 medium onion, sliced	Low calorie cooking spray
1 tin chopped tomatoes	2 tbsp plain flour

### METHOD

1. Pre-heat your oven to 150C/Gas mark 2
2. Mix all the curry powder ingredients together
3. Spray some cooking spray into an oven-proof pot, heat on the hob and fry the onion until softening.
4. Toss the meat in the flour and add it to the pot with a little more spray oil. Cook until browned.
5. Add the garlic and ginger and cook for 1 minute.
6. Add a bit more spray oil and the curry powder and cook for 30 seconds.
7. Add the stock, tomato purée and tinned tomatoes.
8. Bring to a simmer then put the lid on and place in the oven for 2 hours. Check occasionally to ensure it's not drying out and add more liquid if necessary.
9. Season and serve.





**SERVES 3-4**

## Mediterranean partridge tray bake

### INGREDIENTS

1 pack of 6 Wild and Game partridge breasts  
3 red onions, sliced  
2 peppers, red and yellow, sliced  
400g butternut squash, peeled and diced

8 garlic cloves, skin on  
100g low fat feta or 50g full fat feta, crumbled  
200g cherry tomatoes  
Low calorie cooking spray  
Salt and pepper

### FOR THE SPICE MIX

1/2 tsp cumin  
1/2 tsp ground coriander  
1/4 tsp chilli powder  
1 tsp dried oregano.

### METHOD

1. Pre-heat the oven to 225C/gas mark 7.
2. Put the partridge, onions, peppers, squash, garlic and tomatoes in a bowl and spray thoroughly with cooking spray, stirring to ensure even coating.
3. Mix the spices and oregano, add them to the bowl and stir.
4. Spray some cooking spray onto a baking sheet and pour everything onto it (reserve the feta for later). Season with salt and pepper.
5. Cook for 20 minutes until golden, adding the feta for the last 5 minutes or sprinkling it on at the end.
6. Serve.

**SERVES 4**

# Pheasant and pineapple stir fry

## INGREDIENTS

1 pack of 4 Wild and Game pheasant breasts, cut into fairly small pieces  
1 red pepper, sliced  
1 425g tin of pineapple chunks in juice  
1 large onion, sliced

1 tsp minced ginger  
1 tsp minced garlic  
7 spring onions, sliced  
Low calorie cooking spray

### FOR THE SAUCE

The pineapple juice from the tin – you should have about 150ml

2 tbsp light soy sauce  
1 tbsp hoisin sauce  
1 tbsp cornflour

## METHOD

1. Combine the juice, soy sauce and hoisin sauce in a pan. Heat, then mix the cornflour with a little water and tip it in. Stir until thickened then switch the heat off.
2. Heat some cooking spray in a wok and add the pheasant. Cook for about 4 minutes.
3. Add the pepper and onion and cook for 1 minute.
4. Add the pineapple, ginger and garlic and cook for 1–2 minutes until the pineapple chunks are heated thoroughly.
5. Add the sauce, mix thoroughly and serve sprinkled with spring onion.





**SERVES 2**

## Paprika and pepper wild boar

### INGREDIENTS

1 Wild and Game wild boar steaks	1 medium onion, sliced
Low calorie cooking spray	2 tsp minced garlic
4 tbsp Philadelphia Light	1 tin of chopped tomatoes
2.5 tbsp smoked paprika	500ml chicken stock
2 peppers, red and yellow, sliced	Salt and pepper

### METHOD

1. Remove the boar from the fridge 30 minutes before cooking.
2. Heat some cooking spray in a large frying or sauté pan and cook the boar for 2 minutes each side on a medium high heat then for about 5-7 minutes each side on a low heat until the internal temperature reaches 165F. Remove and set aside.
3. Add more cooking spray to the pan and fry the onion and peppers for a couple of minutes until softening.
4. Add the garlic and cook for another minute, then add the paprika and cook for a further 30 seconds.
5. Add the tomatoes and stock.
6. Bubble for about 10 minutes until reduced, then stir in the Philadelphia to make a creamy sauce. Season to taste.
7. Return the boar to the pan to heat through then serve.

**SERVES 3-4**

# Moroccan orange partridge tray bake

## INGREDIENTS

1 pack of 6 Wild and Game partridge breasts  
3 red onions, sliced  
1 large orange, sliced  
2 medium sweet potatoes, peeled and diced  
8 garlic cloves, skin on  
1 tin of chickpeas, drained and rinsed  
Low calorie cooking spray  
Salt

### FOR THE SPICE MIX

1 tsp ground coriander  
½ tsp cumin  
¼ tsp chilli  
¼ tsp ground ginger  
¼ tsp cinnamon  
½ tsp garlic granules  
¼ tsp black pepper

### FOR THE MINTED YOGHURT

150g low fat yoghurt  
A handful of mint, finely chopped  
1 tsp minced garlic

## METHOD

1. Pre-heat the oven to 225C/gas mark 7.
2. Mix the spice ingredients.
3. Place the partridge, onions, oranges, sweet potato, garlic and chickpeas in a bowl and spray thoroughly with cooking spray, stirring to ensure even coverage.
4. Sprinkle in the spice mix and stir again.
5. Spray a little cooking spray on a baking tray, tip the bowl contents onto it and spread out evenly. Sprinkle with salt.
6. Cook for 20-25 minutes until nicely browned.
7. Mix the minted yoghurt ingredients together.
8. Serve the tray bake drizzled in the yoghurt.





**SERVES 5**

## Pheasant baked chimichangas with pico de gallo

### INGREDIENTS

- |                                            |                               |
|--------------------------------------------|-------------------------------|
| 1 pack of 4 Wild and Game pheasant breasts | 1/4 tsp chilli powder         |
| 1 tin of chopped tomatoes                  | 1/2 tsp cumin                 |
| 1 red pepper, sliced                       | 1/2 tsp ground coriander      |
| 1 onion, sliced                            | 5 tortilla wraps              |
| 2 tsp minced garlic                        | 100g low fat Cheddar, grated  |
| 75g low fat Cheddar                        | Low fat cooking spray         |
| 1 tin of black beans, drained              | Salt                          |
| 1 tbsp lime juice                          | 5 tbsp fat free Greek yoghurt |

### FOR THE PICO DE GALLO

- 2 medium tomatoes, finely diced
- 1 red onion, finely diced
- 25g Jalapeños, finely diced
- 1 tbsp lime juice
- 1 tsp minced garlic
- A generous handful of fresh coriander, finely chopped.

### METHOD

1. Pre-heat the oven to 200C/gas mark 6.
2. Spray some cooking spray into a large lidded frying or sauté pan and cook the pheasant for a couple of minutes each side then put the lid on and cook for a further 5-7 minutes until cooked through. Remove and set aside to cool.
3. Add more cooking spray to the pan and cook the onion and pepper for a couple of minutes until softening.
4. Add the garlic and cook for 30 seconds.
5. Add the chilli, cumin and coriander and cook for 30 seconds.
6. Add the tomatoes and cook for 5-10 minutes until fairly dry.
7. Meanwhile, put the beans and 1 tbsp lime juice in a pan over a gentle heat and mash until warm and broken up. Add a little salt.
8. Once the pheasant is sufficiently cooled, tear it into strips with your finger
9. Add the pheasant to the tomato and pepper sauce and season to taste.
10. Divide the pheasant sauce and mashed beans between 5 tortillas and top with cheese, then fold the sides of each tortilla inwards and roll to make a parcel.
11. Grease a baking tray with a little cooking spray and place the parcels on it. Spray with more cooking spray and bake for about 10 minutes until lightly browned.
12. Meanwhile, combine the pico de gallo ingredients.
13. Serve the chimichangas topped with yoghurt and pico de gallo.

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and much more...  
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SHOP ONLINE AT [www.wildandgame.co.uk](http://www.wildandgame.co.uk)

# Coming soon... our romantic Valentine's recipe box

If you've enjoyed this selection of recipes, stand by for our romantic Valentine's selection, coming in February.

Why have just one romantic meal when you can enjoy seven? Following on from our popular romantic meals for two box last year we're hard at work creating a truly special selection for this year's month of romance, with flavours from Europe, the US, Asia and beyond.

## Welcome to all our new customers!

If you're new to our recipe boxes, welcome! We produce a new set of recipes every month, along with box deals that provide all the game meat you need to cook the recipes. We're on a mission to get people cooking confidently with game, using it in a modern and wide-ranging variety of recipes. Whatever type of food you love, you'll find something in our recipe selections to suit you.



## Why is game so healthy ?

Wild game animals roam and forage freely, which means they get plenty of exercise and enjoy a natural, varied diet. The result is leaner, more flavourful meat that's high in protein and other key nutrients. Take a look at this chart to see how game compares with chicken:

CHICKEN		GROUSE		PARTRIDGE		PHEASANT	
Protein (g/100g)	20.1	Protein (g/100g)	29	Protein (g/100g)	25.8	Protein (g/100g)	27.1
Calories (kcal/100g)	105	Calories (kcal/100g)	127	Calories (kcal/100g)	112	Calories (kcal/100g)	119
Fat (g/100g)	1.5	Fat (g/100g)	1	Fat (g/100g)	1	Fat (g/100g)	1.2
Cholesterol (mg/100g)	90	Cholesterol (mg/100g)	45	Cholesterol (mg/100g)	85	Cholesterol (mg/100g)	66
Selenium (mg/kg)	0.1	Selenium (mg/kg)	0.32	Selenium (mg/kg)	0.43	Selenium (mg/kg)	0.37

Research carried out by Leatherhead Food International Reasearch 2006

# Get to know us better

**Wild and Game was founded in 2017 with the aim of helping people in the UK discover the pleasures of eating wild game. We've done that through our selection of delicious pies, pasties, ready meals, burgers, charcuterie and sausages and through our ready-to-cook range of wild game, backed by plenty of recipe ideas.**

We've also gone on the road as much as possible, getting out to meet our customers face to face and spread the word about wild game. We've had an amazing year in 2021, visiting shows all over the country, and it's always a pleasure to meet customers old and new.

Near the end of 2021 we went to the BBC Good Food Show in Birmingham and were overwhelmed by people's enthusiasm. As well as meeting us on our stand, visitors were able to enjoy free samples of our food from the Eat Game stand and see top chefs cook with our game. We welcomed a lot of new customers that day and can't wait to meet more of you at next year's show.

For the first months of 2022 we've already got some show dates in our diary. We'll be at the Northern Restaurant and Bar show at Manchester Central on March 15&16 and at the Farm Shop and Deli show at Birmingham's NEC on April 25-27. Do come along and say hello – we love to chat!

## **Got a great product idea? Let us know!**

In January and February we're heavily focussed on new product development – and this year, we want your opinion! Is there something you'd love us to produce? What game products are you looking for?

Email your suggestions to [newproducts@wildandgame.co.uk](mailto:newproducts@wildandgame.co.uk) and if we use your idea, we'll...

- Invite you to be involved in the product development process by sampling test versions of the product and giving us your feedback.
- Send you a box of the new product once it's launched.

**Here's your opportunity to put your ideas on the menu. Email us today!**

