



August 2008

Dear Food Club members,

Game season is here! This Food Club period we hope you enjoy the ultimate in seasonal eating with the Grouse season starting only two weeks ago. As usual, we have selected products from across the food categories, giving you two products from the Meat, Fish & Game category; two fantastic cheeses; one product from the British Deli, and three products from the Pantry. Once again, we include a recipe on which your thoughts are appreciated.

Tuck in and enjoy!

Meat, Fish & Game

A brace of Grouse from Yorkshire Game

Sourced from shoots on the North Yorkshire moors, Yorkshire Game are suppliers to Mark Hix & Giorgio Locatelli, and winners of the Taste of Britain Gold Award 2007.

Richard Woodall Cumberland Dry Cured Bacon 200g

Salt combined with unrefined brown sugar and a dash of saltpetre remain the only ingredients in this original recipe. The result is superior mouth-watering bacon- most unlike today's other bacon products. Matured for four weeks the product is lean and full flavoured and does not shrivel or leave ugly white deposits in the pan after cooking.

Awarded the Royal Warrant to supply Traditional Cumberland Sausage, Cumberland Hams and Bacon to the Queen.

The Deli

Sliced Smoked Duck from the Weald Smokery 100g

The Weald Smokery has won numerous awards at the Great Taste Awards including Gold awards in 2007 for both Smoked Salmon and Smoked Trout. The cure used is mixed with the finest herbs and bay leaves, which is then hot smoked over oak logs to produce a succulent and subtle flavoured meat.

Sliced York Ham from Dukeshill 250g

Dry cured and matured over a period of three months the York develops a wonderful depth of flavour reminiscent of ham from days gone by. A Gold winner at the Great Taste Awards. Awarded the Royal Warrant in 2003 to supply hams to the Queen. Each sliced pack gives 2-3 generous servings. Please note that due to the slices being taken from a real ham, the slices may vary.

Dairy & Cheese

Bath Soft Cheese 225g

Made by the Padfields, this attractively packaged square shaped cheese has a white bloomy rind and a soft paste. Now made with organic milk. Gold Medal winner at the British Cheese Awards, white mould ripened and square in shape. This Cheese dates back to the time of Lord Nelson! Packed in parchment paper with a red wax seal it is organic and is suitable for vegetarians.

Tremains Organic Cheddar approx 200g

A great Organic cheddar with a smooth mellow flavour from the award-winning High Weald Dairy in Sussex. Winner of a Gold Great Taste Award in 2007. Gold Award at the British Cheese Awards 2008.

The Pantry

Cumberland Sauce from Atkins & Potts 270g

This lovely old-fashioned fruity sauce can be served hot or cold. It is a wonderful partner for gammon or goose or game and traditional meat pies. Also try with pâtés.



Cartmel Sticky Toffee Pudding 390g

Jean and Howard Johns began making their Sticky Toffee Pudding in 1984, first in their restaurant in Grange, and later in take-home packs from their village shop in Cartmel.

The recipe for this traditional Cumbrian pudding contains only the best ingredients: pure cane sugar, free range eggs, fresh cream and butter and has no preservatives or artificial additives.

According to Jean-Christophe Novelli- "Definitely the best Sticky Toffee Pudding in the world".

Serves 3-4

RECIPE

Roast Grouse with Bread Sauce & Sweet Potato Game Chips

Serves 2

Preparation time: less than 30 mins

Cooking time: 10 to 30 mins

Ingredients

2 grouse

55g/2oz butter

4 pieces of bacon, rind removed

a few sprigs of thyme

salt and freshly ground black pepper

Method

1. Rub the grouse all over with the butter including the inside cavity. Then lay the bacon across the breast of the grouse.

2. Season generously with salt and pepper, put the thyme sprigs over breasts and place in a hot oven for 10 minutes, then lower to a moderate oven for 5 more minutes (for rare) and 10 minutes (for well done).

Bread Sauce

Ingredients: one small onion, peeled and chopped, one bay leaf 550ml full fat milk, three whole cloves

100g fresh white breadcrumbs, 60g unsalted butter, a pinch of English mustard powder

salt and pepper, freshly grated nutmeg

1. Cook the chopped onion in a small amount of butter, the onion should not colour, but should soften.

2. Add the bay leaf, milk and cloves, bring to the boil and gently simmer for 10 minutes.

3. Remove from the heat and allow the flavours to infuse for a further 10 minutes.

4. Pass the mixture through a fine sieve and bring the milk back to the boil, adding as much of the breadcrumbs as needed for your preferred thickness of sauce.

5. Whisk well, add a small piece of soft butter and season with the mustard powder, salt and pepper and nutmeg.

Game Chips

1. Thinly slice the sweet potato.

2. Place in oven tray with olive oil. Crush pepper on top.

3. Roast for 25-30 minutes