

## North Yorkshire Moor Grouse...Traditionally Garnished



*This dish respects the main ingredient, grouse, which doesn't need to be messed about with, and lets the natural flavours come through. It is simply roasted and garnished traditionally. NB, please do not be put off by the robust smell of the bird, the actual meat is not as strong as you would think. It is so individual and totally delicious, and, of course, very healthy (apart from the wines you have to drink with it!)*

**Serves:** 2

**Profitability:**

**Steps:**

Make bread sauce by bringing milk and onion to the boil and infusing for 20 minutes. Remove onion and add breadcrumbs, and spice. Season. The sauce needs to be of a loose, dropping consistency. Set aside and keep warm

Peel and slice potato thinly and rinse in cold water. Pat dry and deep fry for 2 to 3 minutes until golden brown. Season with a little table salt and set aside

Preheat oven to 200oC/Gas Mark 6. Season grouse inside and out adding a couple of juniperr berries to the cavity, tuck a sprig of thyme inside each leg and place two rashers of streaky bacon over the breasts of each bird

Colour in a roasting tray with a little clarified butter or duck fat. When sealed on all sides, depending on size, roast for between 16 and 20 minutes with a handful of root vegetables. Remove from tray and keep warm

Scraping any sediment from the tray, tip any juices from the birds into the tray as well as any

offal from the bird. Add a splash of sloe gin, game stock and red wine

Simmer gently for 5 to 6 minutes, pass through a fine sieve into a saucepan, and check seasoning

**TO SERVE:** Carve grouse breasts and legs. Arrange streaky bacon next to grouse on a warm dinner plate. Put a pile of game chips next to the bird with a sprig or two of watercress

Pour any excess juices into the sauce, pour the sauce over grouse and serve with warmed bread sauce and a pot of redcurrant jelly

**Ingredients:**

**ROAST GROUSE**

Young grouse 2

Streaky bacon 4 slices

Thyme 2 sprigs

Seasoning

Juniper berries 4 crushed

Fat for roasting

Watercress to garnish

Redcurrant jelly to garnish

**GRAVY**

Veg/ game stock 100ml

Sloe gin splash

Root vegetables handful

Red wine 50ml

**GAME CHIPS**

Potato large

Oil for frying

Salt & pepper to season

## BREAD SAUCE

White bread 2 slices, crushed

Mixed ground spice pinch

White onion ½ studded with 6 cloves

Milk 200ml

Salt & pepper to season

**Author:** Andrew Pern